

**APRIL 28<sup>TH</sup> BULLETIN**  
**FROM THE CALEDONIA SOUTHERN ESSEX (CSE)**  
**OUTREACH TEAM**

**For Any Resource Navigation** – Dial 211 – a free and confidential service for all Vermonters.

**What Works and What Doesn't** A message from Dr. Michael Rousse, NVRH Chief Medical Officer and Dr. Ryan Sexton, NVRH Medical Staff President.

**What works** – source: Vermont Department of Health:

The 3 best things you can do to protect yourself and others from COVID19: 1. Wash your hands--soap and water is the best defense against the virus. 2. Keep your distance--the virus is spread mainly spread from person to person--keep a safe 6 feet apart. 3. Wear a mask in public places like stores and the post office.

**What does not work** – source: World Health Organization:

- Spraying alcohol or chlorine all over your body will not kill any virus that has already entered the body can be harmful or deadly if ingested through your nose, mouth or gets into your eyes.
- UV lamps or lights should not be used to sterilize your skin and can cause irritation
- To date, there is no specific medication recommended to prevent or treat COVID-19; however, there is ongoing research on both a vaccine and a medicine for treatment.

For accurate and up to date information on COVID19 visit [www.nvrh.org](http://www.nvrh.org)

**Self-Care** *These are unprecedented times. The ways we have learned to take care of ourselves and the ways we have developed resiliency have likely never met with a situation such as this. The result can be confusing, frustrating, and make you question your self-sufficiency. Yet this is a time that calls for mutual support. We can depend on each other to get through this, and that's okay.*

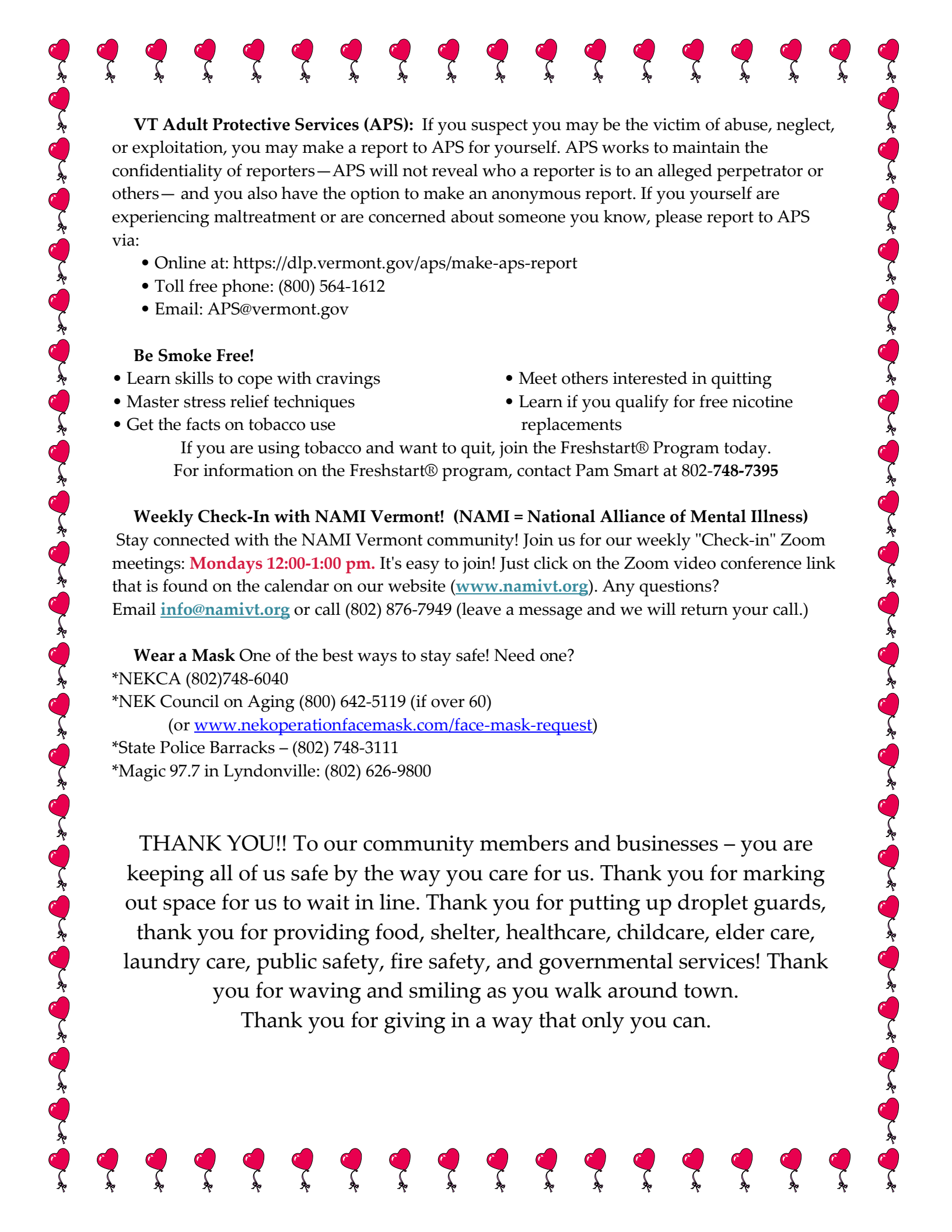
*Seeking help and giving help are what make a community strong.*

**Vermont Family Service** recognizes that the COVID 19 *Stay Home, Stay Safe* order has placed additional stress on families and caregivers. Need someone to talk to? We provide support with educational, financial, and emotional concerns while caring for children in a kinship relationship (grandchildren, nieces, nephews, children of close friends or family?) Resources are available. Please call Vermont Kin As Parents at (802) 871-5104.

**Maternal and Child Health** visits are now done mostly through telehealth and or phone visits. Please call your provider if you have any questions.

**Teach Children** Don't forget to take a moment to share what you are learning about being safe with your children. Although it is tempting, please do not let them have playdates with children from other households.

**Wellness Offering** Sweetwater Studios of E. Burke presents a weekly wellness offering (via Zoom). Wednesdays 9-9:30 AM-- breathing techniques, gentle movement, guided meditation to reduce stress and anxiety. Contact Terri: [135.sweetwater@gmail.com](mailto:135.sweetwater@gmail.com) for more information.



**VT Adult Protective Services (APS):** If you suspect you may be the victim of abuse, neglect, or exploitation, you may make a report to APS for yourself. APS works to maintain the confidentiality of reporters – APS will not reveal who a reporter is to an alleged perpetrator or others – and you also have the option to make an anonymous report. If you yourself are experiencing maltreatment or are concerned about someone you know, please report to APS via:

- Online at: <https://dlp.vermont.gov/aps/make-aps-report>
- Toll free phone: (800) 564-1612
- Email: [APS@vermont.gov](mailto:APS@vermont.gov)

#### **Be Smoke Free!**

- Learn skills to cope with cravings
- Master stress relief techniques
- Get the facts on tobacco use
- Meet others interested in quitting
- Learn if you qualify for free nicotine replacements

If you are using tobacco and want to quit, join the Freshstart® Program today.

For information on the Freshstart® program, contact Pam Smart at 802-748-7395

#### **Weekly Check-In with NAMI Vermont! (NAMI = National Alliance of Mental Illness)**

Stay connected with the NAMI Vermont community! Join us for our weekly "Check-in" Zoom meetings: **Mondays 12:00-1:00 pm**. It's easy to join! Just click on the Zoom video conference link that is found on the calendar on our website ([www.namivt.org](http://www.namivt.org)). Any questions?

Email [info@namivt.org](mailto:info@namivt.org) or call (802) 876-7949 (leave a message and we will return your call.)

#### **Wear a Mask** One of the best ways to stay safe! Need one?

\*NEKCA (802)748-6040

\*NEK Council on Aging (800) 642-5119 (if over 60)

(or [www.nekoperationfacemask.com/face-mask-request](http://www.nekoperationfacemask.com/face-mask-request))

\*State Police Barracks – (802) 748-3111

\*Magic 97.7 in Lyndonville: (802) 626-9800

**THANK YOU!!** To our community members and businesses – you are keeping all of us safe by the way you care for us. Thank you for marking out space for us to wait in line. Thank you for putting up droplet guards, thank you for providing food, shelter, healthcare, childcare, elder care, laundry care, public safety, fire safety, and governmental services! Thank you for waving and smiling as you walk around town.

Thank you for giving in a way that only you can.