Resources for Residents in Quarantine

PDFs to Attach

* 1. VDOH chart comparing isolation and quarantine  
     <https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-chart-observation-isolation-quarantine_final.pdf>
  2. VDOH facemask handout  
     <https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-VDH-mask-guidance.pdf>
  3. Hartford Save Lives Now flyer <https://www.hartford-vt.org/DocumentCenter/View/3586/Save-Lives-No-4152020>

List of resources with links

1. Volunteer assistance: [www.uvstrong.org](http://www.uvstrong.org)

1. Restaurants offering curbside and limited delivery services: <https://www.uppervalleybusinessalliance.com/upper-valley-restaurants-delivery-curbside-pi>
2. Businesses offering curbside and limited delivery services: <https://www.uppervalleybusinessalliance.com/retail-stores-open-for-business>

<https://www.hartfordvtchamber.com/>

1. Urgent Care Medical Services: Clear Choice MD Urgent Care Lebanon, NH <https://ccmdcenters.com/locations/lebanon-nh> phone 602 276-3261

Dartmouth Hitchcock [https://www.dartmouth-hitchcock.org](https://www.dartmouth-hitchcock.org/)

1. Mental Health/substance use support - ALL together email vs. UVStrong: <https://uvstrong.org/resources/mental-health-substance-use/>
2. Family Toolkit for Quarantine

<https://mcusercontent.com/f6b75b8ec815ed44e15f52edd/files/a102f745-a32f-473e-8045-07f905830136/Quarantine_Family_Tool_Kit_1_.pdf>

1. Hartford Listserv: <https://lists.vitalcommunities.org/lists/info/hartford>