

Town of Bridgewater

COVID-19

Coronavirus Disease

The Bridgewater Emergency Management Team and Local Officials are monitoring the Covid-19 virus situation and offer the following:

If you or a family member are quarantined (self or medically), we want to make sure that you have the resources that you need in order to maintain your isolation and not have to venture out into public.

If you need help with essential necessities such as:

- *Food/Water
- *Medicines

Please contact any of the following:

Town Health Officer – Ellen Quinn - 1-802-281-0615

Selectboard Chair – Lynne Bertram – 1-802-342-0784

Emergency Management Coordinator – Josh Maxham 1-802-299-8428

Thompson Senior Center- Continues to provide Meals-on-Wheels 457-3277

Ottauquechee Health Foundation (457-4188) financial assistance for health and wellness needs through grants to those living in any of their nine service towns.

Woodstock Food Shelf- 457-1185

Woodstock Area Relief Fund for one-time funds of up to \$1,000 for basic needs.

www.wodstockarearelieffund.org

Unemployment Claims: 1-877-214-3330 or online at

<https://appengine.egov.com/apps/vt/dol/unemploymentsinsuranceclaim>

Vermont Dept. of Health website at www.healthvermont.gov/COVID19

State Information and resources call 2-1-1

Health Tips:

Wear a mask when out in public

No Handshaking / don't touch your face

Wash hands frequently

Cough or sneeze into your elbow or tissue and immediately discard

Use gloves when you are shopping, using the gas pump and all other outside activity

Follow social distancing of 6 feet or more

Stay Home – phone friends and neighbors to stay connected