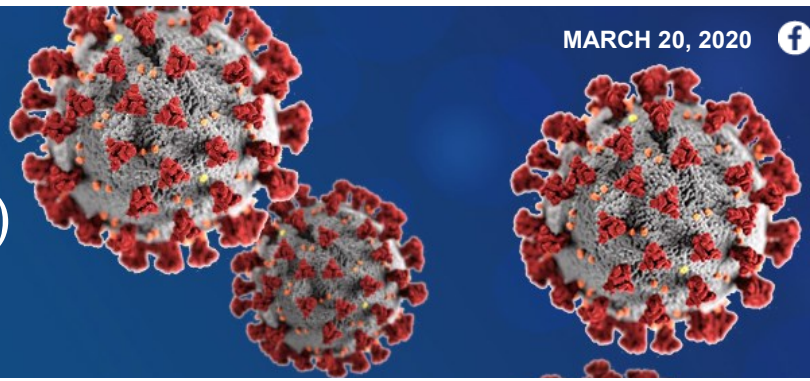


# Coronavirus (COVID-19) Information & Updates



## EXPERT RESOURCES

As the spread of the novel coronavirus (COVID-19) continues, we are committed to providing you with accurate and up-to-date information.

This is a rapidly evolving situation, with information changing daily, and we encourage you to familiarize yourself with the following resources:

[Porter Intranet](#)

[UVMHN COVID-19 Site](#)

[VT Department of Health](#)

[CDC.gov](#)

[World Health Organization](#)

## What You Need to Know Right Now

### UVM Health Network Suspends Elective Surgeries and Procedures Network Affiliates Are Focused on Overall Patient Safety and Health

By postponing non-urgent elective procedures and visits, the Network is able to:

- Reduce the community spread of COVID-19 by limiting person-to-person contact to only those who require urgent care.
- Redirect our care teams to patients who most need our help.
- Preserve acute care beds to accommodate a surge in demand related to COVID-19.
- Conserve the supplies and equipment required to safeguard our patients and staff.

Read more about this decision and the impact it will have on patients and staff in [this press release](#) from the UVM Health Network on March 17, 2020.

## Updates to Our Visitor Policy

Porter Medical Center is instituting new policies and procedures to minimize patient and staff exposure to COVID-19

**All patients and visitors will now enter through the Emergency Department and be screened in the Emergency Department vestibule.**

Employee Badge readers will be enabled on the following access points for Staff entry: Emergency Department, "North Entrance" (main entrance for staff entering from the North parking lot), "East Stairwell Door" near the medical office building.

A traffic control station will be at the main entrance to guide people on where to park and how to enter our facilities.

Specific guidelines by clinic area:

**Emergency Department:** One visitor per patient. No visitor rotation with exception to end-of-life.

**Medical/Surgical Unit:** No visitors for general patients. Visitors allowed for patients at end-of-life.

**Birthing Center:** One visitor per patient. No visitor rotation.

**Surgical Services:** No visitors. Any outpatient procedures requiring rides home will be coordinated by Surgical Services. Visitors providing transportation to patients will not be allowed in the building.

**Cardiology:** One visitor/support person per visit.

**Express Care:** Express Care patients will enter via the Emergency Department entrance to be screened and directed to the Express Care clinic. One visitor. No rotation.

**Porter Medical Group Sites:** One visitor/support person per visit.

**Infusion Center:** No visitors.

**Helen Porter:** No visitors. Limited visitation may be granted in certain end-of-life situations.

## Childcare Needs

The State of Vermont is helping to ensure eligible essential workers responding to the COVID-19 emergency can focus on their jobs and not worry about the care and safety of their children.

Essential workers who need help finding childcare should visit <https://webportalapp.com/webform/essentialworkers> or call 2-1-1 ext. 6

Childcare programs with questions should call or email the Child Development Division 800- 649-2642 (option 3) or [ahs.dfcddchildcarelicensing@vermont.gov](mailto:ahs.dfcddchildcarelicensing@vermont.gov)

Schools with questions should contact the Agency of Education: 802-828-1130

A list of essential positions that qualify for services can be found at: <https://vem.vermont.gov/essentialpersons>

Read the Full [Press Release](#) from the State of Vermont Emergency Operations Center



## Drive Through Testing at Porter

COVID-19 Drive-Through Testing Started Monday, March 16, 2020 at Porter

The Vermont Department of Health confirmed that an individual in Addison County has tested positive for the novel coronavirus, COVID-19.

The patient was screened via telemedicine, tested via our new “PMC Drive Through Testing” service and sent home to self-isolate per CDC guidelines. Upon receiving the positive test result, the patient’s provider notified the individual. The patient has agreed to remain at home per clinical guidelines. The Vermont Department of Health will follow their protocol and continue monitoring.

Workflow and other specific information is available on the intranet or by [clicking here](#).

## Take care of yourself, too.

It is our mission to care for our community, one person at a time, and that means caring for yourself during these times of uncertainty.

### WHAT TO DO IF YOU FEEL SICK

Call your primary care provider. If you don’t have one, call 2-1-1 and phone support staff will help you find care. Do not go to a healthcare facility unless you have life-threatening symptoms, like difficulty breathing or a severe headache.

### SELF CARE

Manage your stress and take time for self-care with [these tips](#) from public speaker, Eric Karpinski provided by the Living Well for Life team.

### WAYS TO STAY HEALTHY AND PREVENT THE SPREAD OF COVID-19

- If you’re sick, stay home.
- Practice vigilant hand hygiene.
- Cover your mouth and nose when coughing and sneezing.
- If you have a cough, wear a mask.
- Keep your hands away from your face.
- Clean and disinfect frequently touched surfaces.
- **Practice social distancing.** Stay home when you can. Postpone gatherings—even smaller ones—and use virtual communication to keep in touch. When you must go out, to work or the grocery store, try to keep six feet distance from others. During school closures, keep your children at home.

### ASK US ANYTHING!

We want to hear your questions about where we are in our response to COVID-19. [Please submit them here](#)

We will be posting answers to [frequently asked questions](#) on our [Intranet](#)

### PORTER IN THE NEWS

[UVH Health Network: How we're reacting to coronavirus](#)

[Letter to the editor: Addison County has responded quickly to the virus](#)

[What it feels like to be tested](#)

[Joint Letter from Middlebury College, Porter and the Town Select Board](#)