



Pandemic

As we begin navigating our way through this Pandemic it is first important to keep in mind the message that BG Knight put out to all of us, in particular the quote from Seneca,

“There are more things, Lucilius, that frighten us than injure us, and we suffer more in imagination than in reality.”

In keeping that spirit of awareness and knowledge we wanted to share with you the following information regarding pandemics from FEMA. Additionally, we wanted to remind everyone who is worried about potential financial issue that could arise that the **Vermont National Guard Family Programs** has a dedicated, highly resourceful and capable staff ready to help any of you that need any type of assistance. Their staff can assist you in many different areas during normal circumstances, and especially so during this time. They can be contacted at <https://www.ngfamily.vt.gov/> or the Family Assistance Coordinator at (802) 338-3076.

In addition to their services **USAA** and other agencies are also offering help during this time. One good source that can help you with financial planning, as well as put you in touch with resources is **Operation Hope**, they assisted many government employees during the last government shutdown that occurred and are ready to help again. The following is a link to their webpage. <https://operationhope.org/>

I know that many of us have a military mentality in the sense that we don't need help or that we are so use to helping others that we may not know how or when to ask. We need to be able to move past that and be looking out for our fellow sisters and brothers in arms. At a minimum check-in with those that you serve with and ask them how they are doing and if they are prepared or need any help or assistance. If they do, offer to help in any way that you can, especially if you have the means. If we are going to help the public in this time we have to be sure that we are taking care of ourselves as well.

Before a Pandemic

- Store additional supplies of food and water.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.

- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Get help accessing [electronic health records](#).
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

During a Pandemic

Limit the Spread of Germs and Prevent Infection

- Americans can continue to use and drink tap water as usual during the COVID-19 pandemic. Please be sure to follow public health guidance as the situation develops.
- **Avoid close contact** with people who are sick.
- When you are sick, **keep your distance** from others to protect them from getting sick too.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Washing your hands** often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.**
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Associated Content

- [Coronavirus](#) (CDC) (link)
- [Coronavirus](#) (EPA) (link)
- www.flu.gov (CDC) (link)
- [Emergency Preparedness & Response](#) (CDC) (link)
- [U.S. Department of Health and Human Services](#) (HHS) (link)

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