



# Omicron Variant: Be Prepared

The Omicron variant of COVID-19 will very likely make its way to the North Country in the coming weeks.

## Now is the Time to Prepare

Widespread illness may cause delays, temporary closures and other disruptions to normal life. We've been through a lot over the past two years. By working together, we'll make it through this challenge, too.

1. Have a plan. Be prepared for the possibility of illness, the need to isolate, and business disruptions.
2. Stock up on food, medicine and other essential supplies.
3. Check in with elders and others who may need help.
4. If you become ill:
  - Isolate
  - Contact your doctor
  - Treat cold symptoms
5. If symptoms worsen, contact a medical provider.

**For more information, please visit:**

- [northcountryhealth.org](http://northcountryhealth.org)
- [coosfamilyhealth.org](http://coosfamilyhealth.org)

**At-home rapid tests can be ordered at: [www.covid19.nh.gov/](http://www.covid19.nh.gov/)**



Androscoggin Valley Hospital  
North Country Home Health & Hospice Agency  
Upper Connecticut Valley Hospital  
Weeks Medical Center

