

From Shane Lockwood – Plainville Southington Health Director

3 important concepts for those sharing information on social media:

- Please remind friends and family to socially distance themselves. This week had the 2 highest days in the district for new cases being reported.
- Ask people to call/text a coworker, friend or family member to check on them. The strain is beginning to show on many people, so ask people to make someone's day by letting them know you were thinking of them during this time.
- Remind people to go to reputable sites for information including:

[cdc.gov](https://www.cdc.gov)

[ct.gov](https://www.ct.gov)

[pshd.org](https://www.pshd.org)

I've been getting more emails from members of the public as this goes on regarding posts they saw on facebook, reddit, twitter and other such sites. Please promote the reputable sites.