

## PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT



Serving the communities of Middlefield, Plainville and Southington<br/>Main OfficeMain OfficeSatellite Office196 NORTH MAIN ST.ONE CENTRAL SQUARE405 MAIN ST., STE.1SOUTHINGTON CT 06489PLAINVILLE CT 06062MIDDLEFIELD CT 06455860-276-6275FAX 860-276-6277pshd.orgSHANE LOCKWOOD, M.P.H., R.S., DIRECTOR OF HEALTH

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**The First Cases of COVID-19 Confirmed in Connecticut** *PSHD Encourages Residents to Wash Hands Frequently* 

The first three cases of COVID-19 were confirmed in Connecticut this weekend. Two were residents of New York and worked in Bridgeport, Norwalk and/or Danbury Hospitals; the other was a resident of Wilton. It is expected that the numbers of positive cases will continue to increase in the state as more testing becomes available. To date, the Centers for Disease Control and Prevention (CDC) has confirmed 164 cases of COVID-19 in the United States, resulting in eleven deaths. The Plainville Southington Health District (PSHD) encourages residents, businesses, and employees to take precautions. Everyday preventive actions have been effective in helping to prevent the spread of respiratory diseases. These precautions include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds.

"PSHD encourages residents to use every day preventive measures to prevent the spread of COVID-19" said Shane Lockwood, PSHD Director of Health. "Wash hands frequently with warm soap and water and cover your cough/sneeze. Remain home if you feel sick or experience symptoms similar to COVID-19."

Symptoms of COVID-19 may appear 2-14 days after exposure and include fever, cough, and shortness of breath. Illnesses have ranged from mild symptoms to severe illness and death. If you think you have been exposed to COVID-19, contact your healthcare provider immediately.

For more information on COVID-19 visit the CDC website at https://www.cdc.gov/coronavirus/2019-ncov/index.html.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.