



“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.