

- Close personal contact, such as touching or shaking hands;
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hand

“Currently, there are no confirmed cases of COVID-19 in Connecticut,” said Shane Lockwood, PSHD Director of Health. “PSHD encourages residents to remain home if you are sick and to wash your hands often.”

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

For more information on COVID-19 visit the CDC website at www.cdc.gov.

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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.