

PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT



Serving the communities of Middlefield, Plainville and Southington
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PSHD Recommends Everyday Prevention Actions to Help Prevent the Spread of COVID-19

The Centers for Disease Control and Prevention (CDC) has confirmed 67 cases of COVID-19 in the United States, resulting in one death. The CDC continues to closely monitor the outbreak of respiratory illness caused by this virus which was first identified in Wuhan, Hubei Province, China. The CDC and the Plainville Southington Health District (PSHD) recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals. COVID-19 infection is commonly spread from an infected person to others through:

• Respiratory droplets released into the air by coughing and sneezing;

- 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 <u>www.cdc.gov</u>.

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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.