



# PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

*Serving the communities of Middlefield, Plainville and Southington*

Main Office                      Satellite Office                      Satellite Office  
196 NORTH MAIN ST.      ONE CENTRAL SQUARE      405 MAIN ST., STE.1  
SOUTHINGTON CT 06489      PLAINVILLE CT 06062      MIDDLEFIELD CT 06455  
860-276-6275 • FAX 860-276-6277 • [pshd.org](http://pshd.org)  
SHANE LOCKWOOD, M.P.H., R.S., DIRECTOR OF HEALTH



**FOR IMMEDIATE RELEASE: MARCH 17, 2020**

**CONTACT: SHANE LOCKWOOD, 860-276-6275**

## **Got COVID-19 Questions? Ask the Plainville Southington Health District**

The Plainville Southington Health District (PSHD) understands these are challenging times for residents. With so much uncertainty, the PSHD wants to make sure you are getting accurate and timely information to all your COVID-19 questions. If you have a question regarding COVID-19, simply email [covid19@southington.org](mailto:covid19@southington.org). A public health official will respond to your inquiry as soon as possible.

“We encourage all residents to remain patient while we navigate through these uncharted waters,” said Shane Lockwood, PSHD Director of Health. “We are working with our state, regional, and local partners and continue to closely monitor COVID-19 activity.”

The PSHD encourages all residents to abide by social distancing measures that are in place to prevent the spread of the virus. Limit social gatherings, avoid large crowds, and if possible, work from home.

PSHD reminds residents that the following precautions 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.

If you think you have been exposed to COVID-19, contact your healthcare provider immediately. For more information on COVID-19 visit the PSHD website at [www.pshd.org](http://www.pshd.org) or the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

###

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.