



North Central District Health Department

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COVID-19 3/5/20 UPDATE

Please keep in mind that the outbreak is evolving and that the information and guidance will continue to change. The Health District is working closely with the CT Department of Public Health and your Towns and Boards of Education to monitor the situation and provide you with information and guidance.

Current Situation:

•At this time, there have been no confirmed cases of COVID-19 in Connecticut, although there have been confirmed cases in states surrounding Connecticut.

How the Illness Spreads:

- The COVID-19 virus spreads primarily between people who are in close contact (within 6 feet), through respiratory droplets produced when an infected person coughs or sneezes.
- Although some people might spread the virus before they have symptoms, this is not the main way the virus spreads.
- It may be possible to get COVID-19 from touching a surface that has the virus on it and then touching their own mouth, nose or eyes, but this is not thought to be the main way the virus spreads.

Preventing the Spread of Illness:

Much of this guidance is not new and relates to the spread of many illnesses, but it is accurate and important for preventing the spread of COVID-19.

- Stay home from work or school when you are sick. Keep your children home from school when they are sick or “coming down with something”.
- Frequent and thorough handwashing with soap and warm water for at least 20 seconds is critical. When handwashing cannot be accomplished, an alcohol-based hand sanitizer can be used. The sanitizer should be thoroughly rubbed over every surface of the hands for 20 seconds.
- Routinely clean surfaces that are touched frequently such as doorknobs, light switches, counters, keyboards, desks and remote controls.
- Avoid unnecessary travel out of the country at this time.
- Refer to www.cdc.gov for accurate, current information regarding COVID-19.