EVERYONE HAS A ROLE IN OUR RESPONSE TO COVID-19

The 2019 novel coronavirus is now known as COVID-19. Information about COVID-19 is rapidly changing – the Newtown Health District is closely following this information to remain current about the virus, its transmission, its resulting illness, effective care for patients and limiting its spread. The Health District receives daily briefings and updates from state and federal health agencies and responds and advises accordingly. Basis for information sharing comes from

- Centers for Disease Control and Prevention
- CT Department of Public Health
- World Health Organization

The coming weeks/months will reveal the extent of virus transmission and potential impact on our lives.

We ALL need to take action to reduce transmission, illness and deaths, as well as social and economic impacts to our lives. We have a personal responsibility to ourselves, our families and our communities to limit the effect of COVID-19. If we do all that we can do, to the best of our ability, we can make a difference.

PERSONAL ACTIONS

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Avoid close contact with people who are sick

ENVIRONMENTAL  Clean and disinfect frequently touched objects and surfaces in your home, school, workplace and anywhere else you spend time. A link to CDC’s guidance is here: https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html#disinfect

IF SICK, STAY HOME  If you, or a family member, are sick, stay home. Limit interaction with others to the maximum extent possible.

SICK FAMILY MEMBER  If possible, isolate the sick person in the home to one room or area, and the use of one bathroom. If that is not possible, have only one person in the home help take care of or interact with the sick person, and clean and disinfect “common touch areas” (door knobs, faucets, etc) often.

INDIVIDUALS WHO ARE EXPERIENCING SYMPTOMS (fever, cough, shortness of breath, breathing difficulties) and have traveled to areas of concern (China, Iran, South Korea, Italy and Japan) or have been in contact with somebody who has traveled to these areas should call their healthcare provider to discuss and decide possible follow-up actions.

BUSINESSES  Ideally business owners/managers will work with employees to agree on how employees will stay home when they are sick or need to stay home to care for sick children. Businesses should have a continuity plan in the event they are impacted directly by the virus.

RETURNING TRAVELERS  Residents returning home from traveling to China, South Korea, Iran, or Italy will be required to stay home for 14 days. The Newtown Health District requests those travelers who do not hear from the Health District within 24 hours of their return to contact Donna Culbert, Director of Health at donna.culbert@newtown-ct.gov or call 203-270-4291.

STAY INFORMED

In addition to links at top of page, below is Helpful Local Reference Information:

- Newtown Health District COVID-19 webpage
- www.newtownbee.com