



## **CHESPROCOTT HEALTH DISTRICT**

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### **COVID-19 Update**

**February 28, 2020**

While there are not any confirmed cases in Connecticut, we are urging residents to take all necessary precautions to prevent the spread of illness. Chesprocott Health District remains diligent in monitoring the most up-to-date information.

**You can play your part in public health efforts to limit the reach of the virus by taking every day preventative actions that help stop the spread of germs:**

- 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.
- Avoid close contact with people who are sick.
- 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.
- Follow Travel Advisories.

**The 2019 Novel Coronavirus (COVID-19) is a virus identified as a result of an outbreak of respiratory illness first detected in Wuhan, China. At this time, it is unclear how easily this virus is spreading between people.**

#### **How is it transmitted?**

- Much is unknown about how COVID-19 spreads. Current knowledge is based on what is known about similar coronaviruses.
- Most often, viruses spread from person-to-person among close contacts (about 6 feet).
- Person-to-person spread happens via respiratory droplets produced when an infected person coughs or sneezes, very similar to how other respiratory pathogens spread. It is unclear whether or not a person can receive the virus by touching a surface or object that has the virus on it and then touching their own mouth, hand, or nose.

#### **Signs and symptoms**

- For confirmed COVID-19 infections, reported illnesses have ranged from people with little to no symptoms to being severely ill and dying.

## **Chesprocott Health District**

- Patients with Novel Coronavirus have reportedly mild to severe respiratory illness with symptoms of: – Fever, Cough, & Shortness of Breath.
- At this time, CDC believes that symptoms may appear in as few as 2 days or as long as 14 days after exposure. Diagnosis
- CDC has developed a laboratory test kit to test patient specimens for COVID-19 called the, Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panel. This test is intended for use with upper and lower respiratory specimens collected from persons who meet the CDC criteria for COVID-19 testing.
- Currently there is no vaccine for COVID-19 and there is no specific antiviral treatment recommended for COVID-19 infection. People infected with COVID-19 should receive supportive care to help relieve symptoms.

For More Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>