



North Central District Health Department

- Enfield—31 North Main Street, Enfield, CT 06082 * (860) 745-0383 Fax (860) 745-3188
- Vernon—375 Hartford Turnpike, Room 120, Vernon, CT 06066 * (860) 872-1501 Fax (860) 872 1531
- Windham—Town Hall, 979 Main Street, Willimantic, CT 06226 * (860) 465-3033 Fax (860) 465-3034
- Stafford—Town Hall, 1 Main Street, Stafford Springs, CT 06076 * (860) 684-5609 Fax (860) 684-1768

Patrice A. Sulik, MPH, R.S.
Director of Health

COVID-19 3/14/20 UPDATE

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

Current Situation:

- Currently, there have been at least 12 confirmed cases of COVID-19 in Connecticut. We can assume at this time that there is sustained community transmission throughout Connecticut.
- Over the past week, we received the most significant shift in recommendations from the CT Department of Public Health (CT DPH) and significant local changes; within the Health District and across Connecticut Towns. A Public Health Emergency has been declared in CT.
- CT DPH advised on 3/11/20 that they anticipated that all of CT schools would be closed within the next couple of weeks. The public schools in the District's Member-Towns are closed, most effective Monday, March 16th, some effective Friday, March 13th. The Governor modified the state law requiring that public schools be in session for 180 days.
- The Governor directed that all public events hosting more than 250 be cancelled; it has also been recommended that smaller events be cancelled.

If you are ill:

- Stay home.** As much as possible, isolate yourself from others in your household and treat your symptoms as you would if you had the flu.
- Only seek medical care if your symptoms become severe or you have difficulty breathing. If you are concerned, reach out to your primary care physician or urgent care to review symptoms with a medical professional over the phone.
- If you are ill enough to seek medical care, call ahead to notify the health care facility.
- State testing for COVID-19 is being prioritized for the patients that are seriously ill and hospitalized. Out-patient providers can request testing through Quest and LabCorp; the test results from the private labs can take 4-5 days.



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General Recommendations:

- 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 and disinfect surfaces that are touched frequently such as doorknobs, light switches, counters, keyboards, desks and remote controls.
- Avoid unnecessary travel and unnecessary activities that put you and your family members shoulder to shoulder in crowds. Some activities need to continue-activities that provide for basic every day and urgent needs of individuals and families as well as most employed individuals reporting to work, although working remotely is encouraged when practical.
- Consider the use of phones, emails, mail and delivery services to conduct necessary business as well as delaying items that can wait.

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.

For Additional Information:

- Refer to www.cdc.gov for accurate, current information regarding COVID-19.
- For CT-specific information, refer to www.ct.gov.dph.
- For local information, visit our website at www.ncdhd.org.