3/19/2020

To: Municipal COVID-19 Leads, General Public
Re: COVID-19 Positive Cases

The State Department of Public Health has reported that there are now positive cases of COVID-19 disease in Middlesex County, and specifically in Chatham Health District. Residents in all municipalities within Chatham Health District should now assume that there are people sick with COVID-19 disease in their towns. Chatham Health District is advising all residents to follow these recommendations:

**Take steps to protect yourself**
**Clean your hands often**
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.

**Avoid close contact**
- Avoid close contact with people who are sick
- Avoid crowds, and put distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.

**Take steps to protect others**
- Stay home if you are sick, except to get medical care.
- When you cough or sneeze:
  - Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
  - Throw used tissues in the trash.
  - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, remote controls, toilets, faucets, and sinks.
If you are told by your doctor that you have COVID-19 disease
   • Follow the above recommendations to protect others, and
   • If possible, remain isolated in a separate room.
   • Avoid contact with others in your home.
   • Except to get medical care, do not leave your home until:
     o You are fever-free for at least 72 hours without the use of fever-reducing medicines, and
     o Your other symptoms have noticeably improved, and
     o It has been at least 7 days since your symptoms began.

If you are living in the same household as someone who is sick with COVID-19 disease
   • Stay home (also called self-quarantine) for 14 days.
   • If you develop ANY symptoms of COVID-19 disease (fever, cough, shortness of breath) during your 14-day quarantine, you should follow the same recommendations above for people diagnosed with COVID-19 disease.