

MARCH 11, 2020

#### WHAT WE KNOW TODAY

Coronavirus is a family of viruses that has been in existence for a long time. Identified in 2019 , Coronavirus disease became known as COVID-19.

Today the World Health Organization, WHO , officially called this a pandemic. A pandemic is a disease epidemic that has spread across a large region as in multiple continents or worldwide.

Preventative measures are based on facts of other known coronaviruses. There is one that exists on surfaces for up to 9 days.

Current goals are to identify, isolate, and contain. These measures will help to mitigate damage.

Social distancing, although difficult, will help to prevent the spread of this virus.

WASH YOUR HANDS....WITH SOAP AND WATER FOR AT LEAST 20 SECONDS OR USE HAND SANITIZER.

CANNOT SAY THIS ENOUGH.

People at greatest risk are those over 60 years of age AND anyone with an underlying health condition.

Each person can be part of the solution to contain this virus.

Symptoms are fever, cough, and difficulty breathing. If this is happening to you, CALL your doctor. DO NOT GO INTO THE OFFICE OR THE EMERGENCY DEPARTMENT WITHOUT THEIR OK. You could potentially infect many more people. We need to keep our emergency workers as healthy as possible.

If you have the sniffles , stay away from the public.  
If you have a cough, put on a mask, and stay away from the public  
If you don't feel well, STAY HOME.

Testing is getting better. But is not great.

Our governor issued a state of emergency. This gives our governor greater flexibility in making decisions and opens up funding.

THIS IS NOT MEANT TO FRIGHTEN ANYONE. WE NEED FACTS AND INFORMATION TO KEEP OURSELVES AND OUR NEIGHBORS SAFE.

IF ANYONE NEEDS ANYTHING AND IS UNABLE TO GET OUT, CALL SOMEONE TO HELP. FAMILY, NEIGHBOR, SELECTBOARD ,POLICE, FIRE, BOARD OF HEALTH..

Thank you for your time and patience.

Beth Kuzdeba , Board of Health  
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WWW.CDC.GOV. OR. WWW.MASS.GOV. FOR LATEST INFORMATION

