



Town of Redding Health Department

P.O. Box 1028
Redding Center, CT 06875

Tel: 203-938-2559

Fax: 203-938-8816

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At this time we can assume that community transmission of Coronavirus (COVID-19) is occurring in Connecticut and we should expect the prevalence of the virus to increase sharply in our region over the coming weeks.

The Federal government, the State of Connecticut, and the Town of Redding have declared a public health state of emergency. Governor Lamont has banned gatherings of over 250 people or more, and the governor and the Town strongly support the suspension of all gatherings of 100 people or more. Redding schools, the library, and the Community Center are closed through March 22, 2020. We realize this will impact Redding residents and organizations but they are being made in the community's best interest to prevent the spread of COVID-19.

If you are concerned that you may have COVID-19 illness, stay home and call your doctor for advice before leaving the house and going anywhere. Redding's Director of Health Dr. Leibowitz states the following: "A standard tenet in medicine has always been to perform a test *only if it will in some way change the way a case is managed*, and in this instance, medical management would *not* change in the setting of a positive result (in the absence of severe symptoms necessitating hospitalization). The management advice for those who are not severely ill is to stay home until well, treat symptoms, employ social avoidance and self-quarantine and practice good hygiene measures- whether or not COVID-19 is diagnosed. In essence, treat all cases as if they are COVID-19."

The best means of protection is via behavior modifications:

- Wash hands frequently (best with very warm water and soap with vigorous scrubbing of the fingers for at least 20 seconds, or hand sanitizers when soap and water are not available).
- Avoid coughing or sneezing into your hands (best to do so in the crook of your elbow or into a tissue followed by handwashing).
- Avoid touching your face with unwashed hands
- Stay home when ill
- Minimize exposure to others who are ill
- Clean surfaces with disinfectant wipes whenever possible (these can harbor respiratory secretions).

Please remember that for most healthy people, the illness is self-limited and poses little threat. In fact, it is likely that many cases (both domestically and abroad) have gone unreported. Therefore, the true prevalence of COVID-19 remains unknown.

Concerning international travel the Centers for Disease Control and Prevention (CDC) recommends that travelers avoid all nonessential travel to countries that have widespread transmission. The countries on this list have increased and can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html> . Those who have returned to the United States from those countries are asked to stay home for 14 days and practice social distancing.

Regarding domestic travel everyone is asked to consider the virus transmission in their intended destination, personal risk with respect to the virus (e.g. underlying health conditions), and the time sensitivity of the trip. Other considerations include the size and reach of the event you are traveling to, and the importance of the event. Keep in mind gatherings of 250 or more are banned and gatherings of 100 should be canceled.

Lastly, as a means of providing some perspective, please remember that seasonal influenza is also here, has affected millions of people, and can also lead to death. All of the above stated behavior modifications apply.

The Redding Health Department continues to collaborate with the Connecticut Department of Public Health, our community partners, and our neighboring towns.

For those with questions there's an info line at 2-1-1 or text "CTCOVID" to 898211.

For updates and additional information you can visit <https://portal.ct.gov/DPH/Public-Health-Preparedness/Main-Page/2019-Novel-Coronavirus> and <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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