



## Town of Orange, Connecticut

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### **Community Mitigation: Strategies to Slow Down the Spread of Coronavirus (COVID-19)**

It has been several weeks since the declaration of the state wide emergency and the closure of schools and non-essential businesses. The south western part of the state especially Fairfield county, has become a “hot spot” for COVID-19 pandemic. Currently, no specific drugs or vaccines are available, and healthcare systems are being overwhelmed.

Community transmission across the state is widespread as the healthcare facilities and providers are testing more patients. The local health departments are being regularly notified about the positive cases of COVID-19.

**Community Mitigation** requires self-isolation and social distancing. These steps will significantly decrease the person-to-person transmission of virus. I want to provide further guidance to help you and your loved ones to stay safe and healthy.

I strongly recommend that all the residents should take the following steps to protect themselves and others.

If you were in close contact with someone who was tested **positive for COVID-19**; you must:

- Stay home and self-monitor for 14 days and don't resume work.
- Avoid having people (e.g., friends, family, co-workers) over to your home.
- Practice good respiratory hygiene, including washing hands frequently, avoiding touching your face.
- Frequently clean high touch surfaces (such as doorknobs, counters, bathroom fixtures, bedside tables etc.)
- Avoid public places or activities that bring you in close contact with others (close contact means within 6 feet of another person for more than 15 minutes).

- If you must go out for emergency reasons (groceries, medications refills etc.), cover your face (cloth mask, scarf etc.), clean the handle of the cart, and wash hands for 20 seconds afterwards.
- Be aware of scam phone calls related to COVID-19; Do NOT give any personal information or donations over the phone.
- Always follow the guidance from the official sources like CT DPH, CDC, town's website and avoid fake news and rumors from social media outlets.

You should be self-monitoring your health by:

- Checking your temperature each morning and evening, about the same time every day.
- Closely monitoring for signs of fever, chills, cough or difficulty breathing.

If you develop a fever, cough, or difficulty breathing; you should immediately:

- Stay home and avoid direct contact with household members and others.
- Call your medical provider and follow their recommendations.
- If you need to be transported by ambulance, let the dispatcher know that you have been exposed to a person with laboratory confirmed COVID-19.

Persons with underlying health conditions like Chronic Kidney Disease, Heart Disease (uncontrolled blood pressure, stroke, heart attack), Chronic Lung Disease (asthma, COPD etc.), Diabetes, Former smoker, and Cancer are at higher risk for developing severe COVID-19.

Therefore, if someone with health conditions as listed above is experiencing symptoms of COVID-19, including fever, cough, or shortness of breath, then they should immediately contact their health care provider.

Stay safe, stay home, and keep praying!

**Dr. Amir Mohammad**

Director of Health, Town of Orange