

## Killingworth Copes 1

Hello, Killingworth—

As the coronavirus forces us all to maintain our physical distance, I want to try to maintain our community connections by sending out daily messages during this critical time.

A second Killingworth resident has tested positive for COVID-19. The family is isolating itself.

Going forward, we will not be announcing new cases. We can assume that there are more people infected with the disease in Killingworth and surrounding towns.

Everyone should follow the guidelines to avoid contracting or spreading the disease:

- Stay home if you are sick.
- Stay away from crowds
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your face
- Clean and disinfect frequently touched surfaces such as doorknobs and phones daily
- Maintain social distancing of at least six feet.

For the most up-to-date information, visit the COVID-19 section of the Centers for Disease Control and Prevention website, <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

If you are sick, that site has guidance on what to do and how to protect those close to you. The Health Department asks that you call or email those with whom you have recently been in contact and inform them that they have been exposed.

If you have symptoms of COVID-19, call your primary care physician or a walk-in clinic *before* going to their office.

Town Hall is closed until further notice, but we will be checking for messages regularly and will address urgent matters.

Stay safe, stay home.