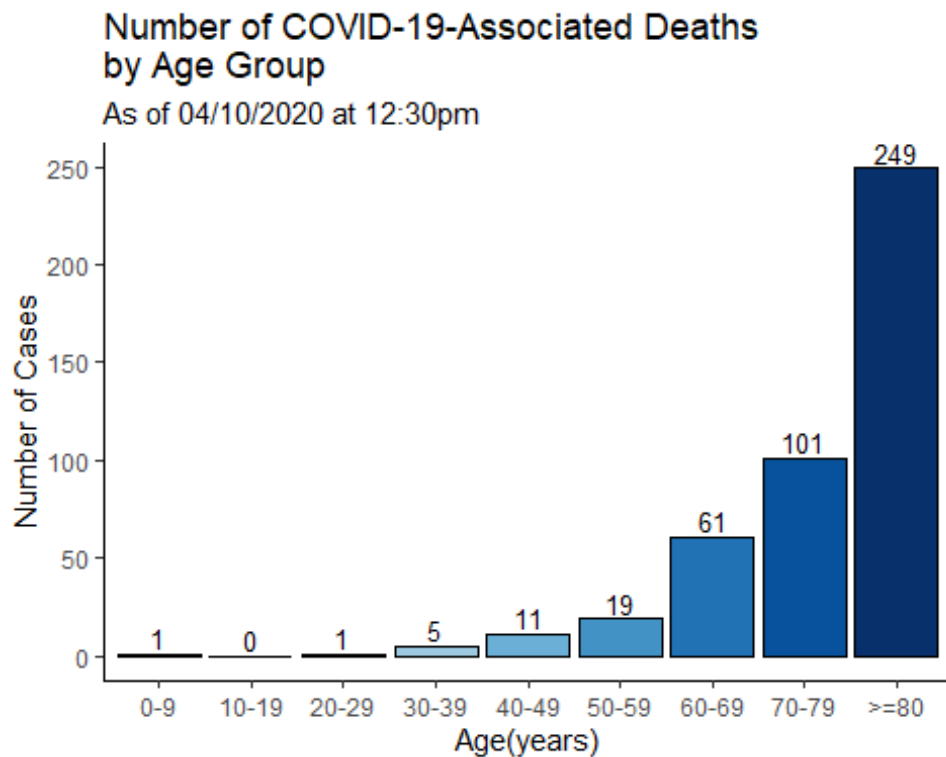


Killingworth Copes 19: Coronavirus update

Hello, Killingworth—

We are two weeks away from the projected peak of the COVID-19 epidemic in Connecticut. That means it has never been more vital that we follow the basic guidelines for preventing the spread of the disease:

Stay home! If you are over age 60 or are otherwise at heightened risk from coronavirus, please don't go shopping, even during special hours, even with a mask. The Killingworth Women's Organization will arrange to shop for you without any close contact. If you would like that assistance, please leave a message at Town Hall, 860-663-1765, ext. 201, and you will get a call back from the Women's Organization.



Wear a mask if you go out. Wonderful craftspeople in town are sewing and distributing masks—many of them works of art. There are also directions on the Centers for Disease Control website for making your own, many without sewing. Town Hall will continue to distribute masks deposited there to healthcare givers and other essential workers. The handmade masks do not provide complete protection, but they do help, and they remind you not to touch your face.

Remember to be careful when you remove it not to touch the outside of it; wash your hands after you remove it; and wash your mask daily.

Wash your hands. Often, with soap, and thoroughly. Make sure you scrub every surface. Use hand sanitizer when you can't wash with soap or detergent.

Keep your distance. At least six feet! Whether you are standing in line, walking in the park, or going to the dump.

Avoid groups. The governor has limited gatherings to 5 people. This does not mean 5 different people every day! Stick it out with those who live with you.

These measures seem to be working to slow the spread, even though the numbers are still going up. The slower the spread, the better the care that can be provided to the most severe cases. Let's not get complacent.

Stay home, stay safe--

Cathy