

Killingworth Copes 2—COVID-19 update

No new cases of coronavirus have been reported in Killingworth since yesterday.

The symptoms of COVID-19 are:

- Fever
- Dry cough
- Difficulty breathing

If you develop these symptoms, contact your doctor. You will not necessarily be sent for testing. In order to conserve medical resources and supplies, health officials are not recommending testing for everyone.

For more detailed information, go to:

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

If you have symptoms

- Stay home except to get medical care.
- Call ahead before visiting your doctor.
- Separate yourself from other people in your home.
- Wear a face mask.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.
- Monitor your symptoms.
- Tell people with whom you have had contact that they have been exposed.

Guidance for people with Covid-19 on how to protect yourself and your family can be found at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. You will also find a self-checker widget on this page.

Once the ill person is following the above precautions, close contacts/family members need to self-isolate for 14 days and monitor for Covid-19 symptoms.

Home isolation for a person considered to have COVID-19 can be discontinued when

- You have had no fever for at least 72 hours (three full days) without the use of medicine that reduces fevers, **and**
- Other symptoms such as cough or shortness of breath have improved, **and**
- At least 7 days have passed since your symptoms first appeared.

If you are sick and need help with shopping for food or medicine, please call Town Hall at 860-663-1765, x203, and leave a message.

These guidelines are in keeping with the Governor's "Stay home, stay safe" campaign and the President's "Fifteen days to slow the spread" campaign. We will slow the spread only if we all follow the basic rules of social distancing.