



# TOWN OF WESTBROOK

## HEALTH DEPARTMENT

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### **FOR IMMEDIATE RELEASE**

#### **Two Positive COVID-19 Cases Confirmed**

The Town of Westbrook Health Department and the Connecticut Department of Public Health have confirmed two positive Coronavirus (COVID-19) cases amongst Westbrook residents. Fortunately, symptoms are improving in both cases. Out of state and out of country travel have been associated with these cases. Thankfully, the residents returned back to Connecticut and took proper precautions, as did their families. They have, and will continue to self-isolate themselves. The cases currently pose little risk to the community. To limit any potential further exposure in the community, the Town of Westbrook Health Department will continue to work with the residents to ensure all appropriate Centers for Disease Control and Prevention (CDC) guidelines are followed. These cases are not unexpected, as we know COVID-19 is circulating in our surrounding local communities and our State as a whole. No further information about these cases can be released at this time.

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouth or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

#### **Follow these guidelines to protect yourself and others:**

- Implement social distancing by avoiding close contact with others and maintaining 6 feet of physical separation
- Stay home, except to retrieve essential items, such as medical care or food
- Wash hands frequently with soap and warm water
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home if you're sick, except to get medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces daily, such as doorknobs, countertops, light switches, keyboards, toilets, and telephones
- Adhere to Governor Lamont's Executive Orders
- Contact a health care provider if symptoms develop, such as a fever, cough, or shortness of breath

The Town of Westbrook Health Department would like to emphasize the critical importance of social distancing and physical separation. Since COVID-19 is spread mainly from person to person, social distancing and physical separation are the number one non-pharmaceutical interventions we can all practice at this time. This will require a community effort.

For more information on COVID-19, please visit:

**Centers for Disease Control and Prevention (CDC) website:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**State of Connecticut COVID-19 website:** <https://portal.ct.gov/coronavirus>

**Town of Westbrook Health Department website:** <https://westbrookct.us/152/Public-Health-Department>

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