



TOWN OF WESTBROOK

HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

Town of Westbrook COVID-19 Update

To the Westbrook Community,

This is Zach Faiella, Director of Health for the Town of Westbrook Health Department. I am saddened to announce the first confirmed death of a Westbrook resident due to COVID-19. The resident is an 86-year-old male. On behalf of the Town of Westbrook, we express our deepest sympathy and condolences to the family and loved ones of our resident who has passed. Our thoughts go out to everyone who has been affected by this global pandemic, which has certainly hit home.

In total, the Town of Westbrook Health Department has confirmed 8 positive COVID-19 cases among Westbrook residents with dozens of residents having been tested.

Based on epidemiological models, Connecticut is expected to hit its peak in daily deaths and needed hospital resources in the next two weeks. Right now, more than ever, is the time to strictly adhere to the guidance set forth. The simplest way to prevent infection is to avoid being exposed to the virus.

We continue to ask our residents to follow these guidelines:

- Implement social distancing by avoiding close contact with others and maintaining 6 feet of physical separation
- Stay home as much as possible and only go out for essential purposes, such as to retrieve medical care or food, or to conduct essential work
- If you must go out into public settings, such as grocery stores or pharmacies, wear a cloth face covering, as it may be difficult to achieve social distancing in these environments.
- View the guidance on how to make your own cloth face coverings on the Town of Westbrook Health Department website: <https://www.westbrookct.us/152/Public-Health-Department>
- Wash your hands frequently with soap and warm water
- Avoid touching your eyes, nose, and mouth with unwashed hands
- 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, which can be viewed on the Governor's website: <https://portal.ct.gov/Office-of-the-Governor/Governors-Actions/Executive-Orders>
- If you're experiencing COVID-19 related symptoms, such as fever, cough, or shortness of breath, contact your health care provider first before going to their place of work
- Maintain healthy practices, such as consuming nutritional food and doing in-home exercises
- Monitor the Westbrook Health Department website for daily COVID-19 updates

The Town of Westbrook extends our gratitude to all health care workers, first responders and other essential personnel who are on the frontlines of this pandemic every day in our community. Please stay safe and check in on your loved ones by telephone or video call. The Westbrook Health Department will continue to monitor the COVID-19 pandemic. Know that your health is our priority.

For more information on COVID-19, please visit:

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

Centers for Disease Control and Prevention (CDC) COVID-19 website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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

Sincerely,

Zachary Faiella, MPH, RS

Director of Health

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