



TOWN OF WESTBROOK

HEALTH DEPARTMENT

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November 12, 2020

Dear Westbrook Community,

The Westbrook Health Department is issuing a Public Health Alert for the Town of Westbrook.

Today, Thursday November 12th, the Westbrook Health Department was notified by the Department of Public Health that the COVID-19 risk level in Westbrook has elevated from Orange to Red, from a previous case rate of 10.3 to the current case rate of **25.8** per 100,000 population per day.

Simply put, this means COVID-19 infection among Westbrook residents is increasing at an alarming rate.

As of today's Connecticut Department of Public Health (DPH) update, Westbrook has a cumulative number of 73 confirmed COVID-19 cases with 4 probable cases. Just last week on Thursday November 5th, Westbrook had a cumulative number of 58 cases and the prior week, a cumulative number of 49 cases. These are only cases that the Westbrook Health Department is aware of, and it is evident there may be COVID-19 cases in the community among asymptomatic individuals that we are not aware of.

This has been the largest week-by-week increase in cases since the beginning of the pandemic among Westbrook residents. Additionally, the State of Connecticut has seen a drastic increase in COVID-19 infections and COVID-19 associated hospitalizations.

Due to this increase in COVID-19 cases and associated hospitalizations in Westbrook and the State of Connecticut, the Westbrook Health Department is urging all residents to adhere to the mitigation strategies set forth:

- Wear a mask in public places at all times.
- Wear a mask inside your home if someone from outside your home is visiting.
- Maintain and respect social distancing in public and between you and those who are not in your household.
- Limit non-essential trips outside of your home.
- Avoid gatherings with those who do not live in your home.
- Postpone all indoor activities.
- Postpone all outdoor activities where mask wearing and social distancing cannot be maintained.
- Cancel non-essential social or community gatherings.
- High-risk individuals should stay home and stay safe. Those over age 60, and anyone with a chronic disease or obesity, who are at higher risk for complications of COVID-19 should take extra precautions and limit non-essential trips outside of the home.
- Wash hands frequently using soap and water for at least 20 seconds. Use hand sanitizer when available.
- Employers should allow work-from-home as much as possible.
- Answer the phone call from the Health Department. Discussions with the Health Department are confidential and help in reducing the spread of COVID-19 in the community.

If you have been in contact with someone confirmed or suspected to have COVID-19, you should self-quarantine and stay away from others for 14 days after your last close contact with that person.

For more information on When To Quarantine, please visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

For the latest COVID-19 testing information, please visit <https://uwc.211ct.org/coronavirus-covid-19-information/>

Specifically, there is COVID-19 testing available at Saybrook Point (145 College Street, Old Saybrook) Monday through Friday from 8:30 am to 4:00 pm. All are welcome.

While waiting for your COVID-19 testing result, PLEASE:

- Stay home and away from others.
- Monitor your health for symptoms of COVID-19, including fever, chills, shortness of breath, difficulty breathing, coughing, sore throat, new loss of taste or smell, congestion, runny nose, fatigue, headache, muscle or body aches, nausea, vomiting, and diarrhea.
- Do not go to work.
- Think about the people you have recently been around, as this will be critical information to provide public health officials in the event of your positive test.

In accordance with the State of Connecticut DPH Advisory, the Westbrook Health Department is further encouraging all Westbrook residents to stay home between the hours of 10:00 pm and 5:00 am in order to reduce the risk of further viral transmission by limiting social gatherings and unintended potential COVID-19 exposure. This advisory applies to every Westbrook resident, except those who are essential workers who must leave home in order to attend work, and anyone who must leave their home on an emergency basis to seek medical care or to purchase medical supplies, or food.

If you must conduct business with the Town of Westbrook, you are strongly encouraged to do so via postal mail, phone, email, fax, or by utilizing the gray drop-box located at the rear of Westbrook Town Hall.

In cooperation with Superintendent of Schools Dr. Patricia Charles, Westbrook Public Schools will transition to full remote learning effective immediately and through the duration of this Public Health Alert.

All public events in the Town of Westbrook, including on the Town Green and in Town buildings, are cancelled for the duration of this Public Health Alert.

To further limit gatherings and encourage social distancing, Town basketball courts and playgrounds are closed for the duration of this Public Health Alert.

This Public Health Alert shall remain in effect until COVID-19 disease trends move in a more positive direction in the Town of Westbrook.

The Westbrook Health Department is committed to ensuring the health and safety of all Westbrook residents, visitors, businesses, and our environment.

Zachary Faiella, MPH, RS
Director of Health
Westbrook Health Department