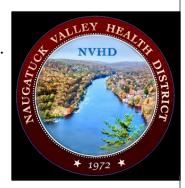# Valley Health District offers COVID-19 prevention info

The Naugatuck Valley Health District (NVHD) expects that the number of confirmed cases will continue to rise with the increased availability of commercial laboratory testing.

The health distrct says community spread/transmission is now occurring. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

No details about the residents will be provided to protect their privacy as per HIPAA regulations. The privacy of our residents must be protected to the extent possible.

How will I know if I came in close contact with a confirmed positive case of COVID-19?

- Those who have come in contact with individuals who test positive outside of a health care setting are referred to as "community contacts" and will be notified by the local health department for the town they reside in. Individuals will be advised to self-quarantine and monitor their symptoms.

- Individuals who reside in the same household as a confirmed positive case will be required to self-quarantine with public health supervision performed by the local health department.

- If an exposure occurs within a health care setting, that agency will take the lead on contacting and monitoring the individual(s) for the duration of their self-quarantine.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your health care provider for medical advice. Please do not show up without calling first.

What can I do to help prevent the spread of COVID-19?

- The best way to prevent infection is to avoid being exposed to it and avoid close contact with people who are sick.
- Practice social distancing and stay home as much as possible.
- Stay home if you are sick, except to get medical care. Call your medical provider before showing up.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces.

Where to find information about laboratory confirmed cases in CT

Ct.gov

At the state level, the latest COVID-19 testing data which can be accessed at www.ct.gov/coronavirus

GRIFFIN HEALTH

Griffin Health information hotline at 203-204-1053 for patients, visitors, and community residents who have questions.. Caregivers will be available to answer questions M– F, 8 –5

Connecticut 2-1-1 Get Connected. Get Answers.

If you have any general questions related to COVID-19 after reviewing this information, you can call 2-1-1 or text "CTCOVID" to 898211, 24 hours a day.

NVHD

NVHD will also post aggregate testing data when it becomes available on our webpage www.nvhd.org/coronaviruses/COVID-19.

Naugatuck Valley medical reserve corps

In partnership with the Naugatuck Valley Health District and Echo Hose Ambulance

This is from a press release from Jessica Stelmaszek, MPH, Director of Health, NVHD,

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