

COVID 19 - Corona Virus Info - Reminder to Practice Good Hygiene

Act now, practice good hygiene

The virus is so new that there are no approved medications, nor a vaccine. Practicing these everyday behaviors will slow the spread of the disease. These acts are the most important actions you can take right now:

- wash your hands often with soap and water
- stay home when sick
- don't touch your face with unwashed hands
- cover coughs with a tissue or your elbow

Patients with confirmed COVID-19 infection have experienced mild to severe respiratory illness with symptoms such as fever, cough, and shortness of breath. It appears to cause less severe illness in younger people; those with more significant impacts tend to be older and medically fragile individuals with underlying medical conditions.

Looking ahead

As the virus spreads, the need for "social distancing" increases. On a personal level, that might mean an end to handshakes. During a widespread outbreak, social distancing could mean cancellation of large events or even schools. Those actions have already been taking place in various countries abroad.

No closures are deemed in North Brentwood at this time.

Continue to stay up to date with the news on tv, community channel, town website. The town will continue to obtain daily updates with State, County and Local Officials.

More information go to <https://www.cdc.gov>.