

From: [Paul Januszewski](#)
To: [All Town Employees](#)
Subject: COVID-19 (Coronavirus) Update
Date: Monday, March 2, 2020 2:26:26 PM

All,

By now most people have heard about the spread of COVID-19, (sometimes referred to as “The Corona Virus”). The Center for Disease Control (CDC) reports that this respiratory disease outbreak was first detected in Wuhan City, in the Hubei Province of China. It has now been detected in 37 locations internationally, including several cases in the United States.

Coronaviruses are a large family of viruses that are common in many different species of animals. While it is rare that these viruses infect and then spread between people, it has happened in the case of COVID-19. [For more information on the source and spread of the virus, click here.](#)

It is important as a community to share facts and not fear about COVID-19. You can help stop spreading harmful rumors with these facts:

1. So far, 80% of COVID-19 cases have been mild. (Think cold or flu symptoms.)
2. Diseases can make anyone sick, regardless of their race or ethnicity.
3. The current risk of contracting COVID-19 in the United States is currently low.
4. People who have been quarantined or released after treatment in isolation do not pose a risk of infection to other people.
5. Know the symptoms of COVID-19:
 - a. Fever
 - b. Cough
 - c. Shortness of Breath
 - d. You should seek medical advice if you have been to China in the past 14 days, and you feel unwell.
6. There are simple things you can do to keep yourself and others healthy!

- a. Wash your hands with soap and water for at least 20 seconds before eating or after visiting the rest room. Wash your hands every time you sneeze and blow your nose.
- b. Avoid touching your eyes, nose, or mouth with unwashed hands.
- c. Stay home if you are sick!
- d. Cover your cough or sneeze with a tissue, and discard it into the trash.

The World Health Organization (WHO) has issued some information on the use of masks and COVID-19:

- **If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.**
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.
- **Masks are more effective to prevent infection if they are worn by the sick person.**

[More information from the WHO and masks is available here.](#)

There is an excellent common sense article on how to prepare your home if someone in your family (or you) become ill in the future from COVID-19 [on the NPR website](#). While the article is written in response to this outbreak, it is good advice to be prepared anytime you are not feeling well:

Lastly, the US Government is recommending that you restrict travel to the following countries until this outbreak subsides: China, South Korea, Japan, Iran, Italy, and Hong Kong. [For more information on travel and CDC recommendations, click here.](#)

Our Firefighters and Paramedics are receiving updates from Yale Center for EMS and other health agencies on response protocols and personal protective

measures. While COVID-19 is a concern and should be watched carefully, the regular use of protective measures already in place in regard to infection control and body substance isolation by our personnel has been recommended as the best course of action.

Respectfully,

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