

BITS & PIECES



FROM FRAN

Special Edition-March 2020

COVID-19 Coronavirus:

This newsletter contains information from CDC (Centers for Disease Control) regarding the coronavirus 2019 (CORVID-19) disease. For additional information contact www.cdc.gov/COVID19

Prevention & Treatment

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see CDC's Handwashing website

For information specific to healthcare, see CDC's Hand Hygiene in Healthcare Settings

• These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

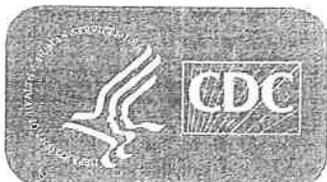
If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



For more information: www.cdc.gov/COVID19



STATE OF CONNECTICUT
GOVERNOR NED LAMONT

Governor Lamont Urges Connecticut Residents to Follow Ongoing Travel Guidance From CDC About Coronavirus

Posted on March 4, 2020

(HARTFORD, CT) – Governor Ned Lamont is urging all Connecticut residents who have recently traveled out of the country or are planning international travel to continue following guidance issued by the U.S. Centers for Disease Control and Prevention (CDC) regarding coronavirus (COVID-19). Guidance for travelers is posted on the CDC's website and continues to be updated as needed.

As of today, the CDC is advising anyone who has recently returned from a country designated as Level 3 – which currently include China, Iran, Italy, and South Korea – to self-monitor in their homes for 14 days upon returning to the United States. Anyone who has recently returned from a country designated as Level 2 – which currently includes Japan – should limit their interactions with others for 14 days after returning to the United States.

The CDC also recommends travelers avoid all nonessential travel to countries designated as Level 2 and Level 3.

"Anyone who is planning travel, particularly internationally, is strongly urged to follow the CDC's ongoing guidance and take it seriously," Governor Lamont said.

Symptoms of coronavirus can include:

- Fever (100.4°F/38°C or higher)
- Cough
- Shortness of breath

People who have recently traveled to one of these locations and is feeling sick should:

- Call ahead before visiting a doctor's office or emergency room;
- Tell the doctor about recent travel and the symptoms being experienced;
- Avoid contact with others; and
- Do not travel while sick.

Everyone – regardless of whether they have recently traveled – should continue following some basic steps to protect themselves from coronavirus:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer.
- Avoid shaking hands as a greeting.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

****On the Web: COVID-19 information for Travelers from the CDC**

Senior Luncheon & Volunteer Reading Program:

Until further notice, the senior luncheon & reading program at Preston Veterans Memorial School have been canceled.

Election Day Poll Workers Needed!

An easy way to get involved, see democracy in action and meet people during what promises to be an exciting election season. We are looking for capable candidates to serve as poll workers – those nice folks you see on election day checking you in, handing out ballots and answering your questions. No experience necessary, just a willingness to learn. Poll workers work on election and referendum days – hours depend on the number of poll workers available. Pay is \$15.00/hour and meals are provided.

If interested, please contact Democratic Registrar Andrew Stockton at andrew.stockton@sbcglobal.net or 860-608-4126.

Fashion to Fiction:

The Friends of the Preston Public Library are sponsoring a delightful show-and-tell on the clothing of Regency England reflected in Jane Austen's fiction entitled Fashion to Fiction. While dressed in authentic Regency attire, Kandie Carle will give a detailed overview of the clothing of the Regency Era (early 1800's) for both gentlemen and ladies. Ms. Carle will share excerpts from Austen's personal letters as well as passages from some of the novels, highlighting Miss Austin's use of clothing and fashion to define character and class. Teens through adults will enjoy discovering just how important fashion was 200 years ago. The program will be at the Preston City Congregational Church, 321 Route 164, Preston, on Sunday, April 26th at 2:30 p.m. Refreshments will be served both before and after the program. Save a spot. Reservations may be made by calling the Preston Public Library at 860-886-1010 or emailing Linda at LindaCh5@comcast.net. Cost is \$10.00 payable with cash or check at the door.

Don't Stop Voting Because You Have a Disability

If you have a permanent disability and are unable to vote at the polling place in person, you are eligible to receive automatically by mail an absentee ballot for each election, primary or referendum. Simply apply for Permanent Absentee Ballot Status. Here is how you do that:

First, obtain a letter from a Primary Care Provider certifying that you are permanently physically disabled and unable to appear in person at your designated polling location. There is no requirement for the letter to state the details of your disability.

Second, obtain an APPLICATION FOR ABSENTEE BALLOT form from the Town Clerk's office by calling 860-887-5581 ext 111, complete the form and mail it along with the certifying letter from your Primary Care Provider to

Town Clerk
Preston Town Hall
389 Route 2
Preston, CT 06365

or, if it is more convenient, contact the Registrar of Voters at 860-887-5581 extension 116 and leave a message with your name and phone number stating that you would like to apply for Permanent Absentee Ballot Status. A Registrar will contact you, assist you in the completion of the form and mail the form to you for your signature along with a postage-paid return envelope. Mail your signed application along with the certifying letter from your Primary Care Provider using the self-addressed return envelope.

Every January you will receive a form in the mail from the Registrar of Voters office for you to confirm that you still reside at the same address when you applied for Permanent Absentee Ballot Status and that you want to continue with your status. Simply return the form using the enclosed postage-paid self-addressed envelope. Return the form within 30 days. If you do not return the form, your Permanent Absentee Ballot Status will be canceled; however, your name will still remain on the Preston Official Voter Registry List.

My Favorite Sayings:

The best rule of thumb for character is to remember that if you can't be big, don't belittle.

The important thing about your lot in life is whether you use your lot for building or for parking.

Happiness is that peculiar sensation we have when we are too busy to be miserable.