



## Town of Redding Health Department

P.O. Box 1028  
Redding Center, CT 06875

Tel: 203-938-2559

Fax: 203-938-8816

May 11, 2020

### **Redding COVID-19 Update**

Redding has nine fatalities that tested positive for COVID-19. We are reminded that continued distancing, the use of masks and precautions are necessary to keep ourselves and our families safe.

### **Go the Distance with Our Distancing**

As we approach phase 1 of reopening the state on May 20, our need to distance from one another and masking-up is more important than ever. Each reopening phase will be staggered to allow time for evaluation. If we're too lax with our distancing and protective measures, then the reopening will take longer. If we go slowly and do it right, it won't take as long. Social distancing and other precautions, particularly wearing face masks in public remain important. If adhered to the odds of fewer becoming ill and more staying well are greater, and life as we knew it will return sooner than later. It's worth the effort.

### **Reopening Rules**

Governor Ned Lamont announced that his administration has released documents detailing specific rules that eligible businesses falling under phase 1 of Connecticut's reopening plans must follow amid the ongoing COVID-19 pandemic. The first phase – which includes restaurants; offices; hair salons and barbershops; retail stores; and outdoor museums and zoos – is currently planned to take effect beginning May 20. Link: <https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2020/05-2020/Governor-Lamont-Releases-Rules-for-Businesses-Under-First-Phase-of-Reopening-Plans>

The governor stressed that the decision to reopen during this phase rests with each individual business owner – they are not required to open if they do not choose, however if they do they must follow the rules as prescribed.

## **Contact Tracing**

Contact tracing is considered crucial to reopening the state. The goal is to make sure the sporadic cases of COVID-19 don't turn into a community outbreak. We know this virus is highly contagious and its ability to continue spreading is feasible.

The contact tracing process involves the local health department contacting by phone or email those who have already tested positive for the virus. If they opt in to the tracing protocol, the department will ask them who they've been in close contact with in the days leading up to and immediately following the onset of symptoms. Volunteer contact tracers will then contact those who may have crossed paths with that positive COVID-19 case, ask them if they'd like to participate in contact tracing, and proceed from there.

## **CDC Symptoms List (Expanded)**

We've learned that people with COVID-19 have had a wide range of symptoms causing mild to severe illness. The virus does not look the same in everyone it infects. People with the following symptoms, or a combination of, may have COVID-19 - cough, shortness of breath or difficulty breathing, or at least two of the following - fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. Symptoms may appear 2-14 days after exposure to the virus.

## **Testing**

Testing people for coronavirus, even those without symptoms, is key to getting the state back in operation. Currently the testing focus remains on testing those working in health care and long-term care, and those demonstrating symptoms. Anyone with symptoms should take advantage of the state's newly expanded testing capacity with referrals from personal physicians no longer required. The state hopes to expand testing eventually to those without symptoms. You can Google "Danbury area COVID-19 testing" and follow the question prompts to see if you qualify.

## **Cloth Face Coverings**

When in a public place stay six feet from others and cover your mouth and nose with a mask or cloth face-covering. Here's a video showing you how to make your own:

<https://www.youtube.com/watch?v=tPx1yqvJgf4>. Such masks may help slow the spread of the virus by keeping people from coughing or sneezing on others.

## **Coming Out of Isolation**

Persons with COVID-19 or flu-like symptoms may discontinue isolation **only** if they have been symptom free for at least 3 days (72hrs). Symptom free is defined as resolution of fever without

fever reducing medications and improvement with cough and shortness of breath, and at least 7 days have passed since symptoms first appeared.

## **Fumigation and Wide-Area Spray Products**

Use of foggers for broad application of disinfectants is generally discouraged and should not be considered a substitute for directly applying disinfectants onto surfaces. The Environmental Protection Agency (EPA) says the use of fumigation foggers and wide-area spray products are not appropriate tools for cleaning contaminated surfaces to control COVID-19. In essence: such products are not appropriate for cleaning and they do not ensure adequate contact time for disinfection, and they can be dangerous for the operator and to occupants. The Centers for Disease Control and Prevention (CDC) recommends that you clean contaminated surfaces with liquid disinfectant products to prevent the spread of disease. Identify and purchase EPA-registered disinfectants that meet the criteria for use against the SARSCoV-2 virus.

## **“Talk It Out” Hotline for Parents**

Parents and caretakers in need of help with the stress from caring for their children during this crisis are invited to call the state’s “Talk It Out” hotline. The hotline provides support from trained professionals who will listen and speak with those in need. Governor Lamont stated “Seeking help and support at times like these is a sign of strength and hope. It is normal, and we all need help at times – especially now”. The hotline is available M-F 8am-8pm and on weekends from 1pm-8pm. The number is 1-833-258-5011 or visit [www.talkitoutct.com](http://www.talkitoutct.com).

## **How We Feel App**

The State has partnered with the developers of the “How We Feel” app. It’s a tool for health officials and doctors to get a better understanding of how the whole population is feeling, both healthy and sick. It takes about 30 seconds each day. The anonymous information shared has the potential to reveal outbreak hotspots and provide scientists with critical health information needed to understand the spread of COVID-19. It’s downloadable for free.

## **Information Sources**

Governor Lamont has put out a thorough FAQ document that will most likely address questions that you might have. It can be found at: <https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en>

Redding information can be found at: <https://townofreddingct.org/>

The CDC website is at: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Connecticut Department of Public Health site is at: <https://portal.ct.gov/Coronavirus>

Once again, we must “Stay Safe, Stay Home”.

The Redding Health Department