April 3, 2020
FOR IMMEDIATE RELEASE

Five Positive COVID-19 Cases Confirmed

The Town of Westbrook Health Department has confirmed five positive COVID-19 cases among Westbrook residents. Contact and investigation of these cases have been conducted. To limit any potential exposure in the community, the Town of Westbrook Health Department will continue to work with the residents to ensure all appropriate Centers for Disease Control and Prevention (CDC) guidelines are followed. No further information about these cases can be released at this time.

The Town of Westbrook wishes our residents a comfortable recovery.

Please note, at this point in the pandemic, the Westbrook Health Department and other local CT health departments may hear about a positive COVID-19 case directly from a hospital or private laboratory before the State of CT Department of Public Health (DPH) receives the laboratory report. For this reason, a local health department's COVID-19 case data may be more up to date than the State of CT DPH town-level data on a given day.

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouth or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Follow these guidelines to protect yourself and others:

• Implement social distancing by avoiding close contact with others and maintaining 6 feet of physical separation
• Stay home, except to retrieve essential items, such as medical care or food, or to conduct essential work
• Wash hands frequently with soap and warm water
• Avoid touching your eyes, nose, and mouth with unwashed hands
• Stay home if you're sick, except to get medical care
• Cover your coughs and sneezes
• Clean and disinfect frequently touched surfaces daily, such as doorknobs, countertops, light switches, keyboards, toilets, and telephones
• Adhere to Governor Lamont's Executive Orders
• Contact a health care provider if symptoms develop, such as a fever, cough, or shortness of breath

For more information on COVID-19, please visit:
Centers for Disease Control and Prevention (CDC) website: https://www.cdc.gov/coronavirus/2019-ncov/index.html
State of Connecticut COVID-19 website: https://portal.ct.gov/coronavirus
Town of Westbrook Health Department website: https://westbrookct.us/152/Public-Health-Department

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