

What You Should Do

- Stay informed
 - Centers for Disease Control and Prevention (CDC) is updating its website daily with the latest information and advice for the public. (www.cdc.gov)
<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
 - State of New Hampshire Department of Health and Human Services daily update <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>
- Remember to take everyday preventive actions that are always recommended to prevent the spread of respiratory viruses.
 - Avoid close contact with sick people. Try to maintain at least six feet of separation.
 - Stay home if you are sick, and limit contact with others as much as possible.
 - Cover your nose and mouth when you cough or sneeze. Use a tissue and dispose of it immediately and safely.
 - Avoid touching your eyes, nose and mouth. Germs spread this way.
 - Regularly clean and disinfect surfaces and objects that may be exposed to germs.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.

If you feel sick with fever, cough or difficulty breathing, have traveled to an affected region or were in close contact with someone with COVID-19 in the 14 days before you began to feel sick, seek medical care.

Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

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