COVID-19 Information 2020 March 09

- People without symptoms should not be tested for COVID-19. Testing individuals with no symptoms is not recommended by CDC.
- If you were with someone who does not have symptoms, the risk of transmission is very low.
- There are many respiratory illnesses circulating in Connecticut, such as the flu and the common cold. Having respiratory symptoms does not mean that you have COVID-19.
- People are at higher risk for COVID-19 if they have symptoms of the virus (cough, fever, shortness of breath) AND if they were in contact with a positive case of COVID-19 (or have traveled to country with community transmission, such as China, Italy, South Korea, Iran, and Japan).
- Someone is considered a contact if they have had direct, face-to-face contact with a person with COVID-19.
- People who think they have COVID-19 should call their healthcare provider. These people should not go directly to a healthcare facility without first calling a healthcare provider (unless they are experiencing a medical emergency).
- If you haven't already, get your flu shot and make sure the people around you do the same.
- Wash your hands thoroughly and often throughout the day. Use warm water and soap. If soap and water are not available, use an alcohol-based hand gel.
- Cough or sneeze into your elbow. Viruses can spread by coughing or sneezing on other people or into your hands.
- Stay home from work or school if you are sick.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.
- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant.

For the most up-to-date information from the State of Connecticut, as well as guidance and other resources, visit ct.gov/coronavirus.