



Town of Sterling

Board of Health

1 Park Street

Sterling, MA 01564

The Town of Sterling's Board of Health is closely monitoring, and following state guidelines to the ever-emerging advice regarding the Novel Coronavirus (COVID-19). In conjunction with the Massachusetts Emergency Management Agency, we continue to collaborate with the Massachusetts Department of Public Health (DPH). Our priority is to protect the public health as we work with our many state and federal partners to provide the most up to date information and guidance to our residents.

Coronaviruses are respiratory viruses and are generally spread through respiratory secretions (droplets from coughs and sneezes) of an infected person to another person. Symptoms of novel coronavirus include: fever, cough and shortness of breath, and in severe cases, pneumonia (fluid in the lungs). Information about how this novel coronavirus spreads is still limited.

COVID-19 activity is increasing in Massachusetts. At this time, if people are only mildly symptomatic, they should speak to their healthcare provider about whether they need to be assessed in person. If not, they should stay at home while they are sick. Asymptomatic family members should practice social distancing and immediately self-isolate if they develop symptoms. To prevent any virus, people are advised to take many of the same steps they do to help prevent colds and the flu, including:

- Practice social distancing, try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less. Limit movement in the community, limit visitors.
- Wash hands often with soap and warm water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Cover coughs and sneezes; practice respiratory hygiene and cough etiquette.
- Stay home when feeling sick.

Get information from trusted sources. Additional information is available at the dedicated DPH website with daily updates on the COVID-19 status and resources including facts sheets in multiple languages:

www.mass.gov/2019coronavirus . Call the Mass 211 phone line for non-emergency questions and other specific COVID information <https://mass211.org/> Also at the Town of Sterling Board of Health web site: <https://www.sterling-ma.gov/board-of-health>