

Although the risk to Massachusetts residents of the novel coronavirus is low, the risk for influenza is currently high. The Ludlow Board of Health still has some Flu Vaccines available.

Those who have recently traveled to any countries of high level transmission (China, Italy, Iran, South Korea, Japan) and who have symptoms of respiratory illness and/or fever or individuals who have come in contact with someone who meets these criteria should contact their health care provider, or our Massachusetts State Epidemiology line at (617) 983-6800. mass.gov/coronavirus & cdc.gov/coronavirus.

One of the most important messages for us to remember is that someone's nationality alone is not a risk factor for COVID-19.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick. Get your Flu Vaccine.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. **The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).**
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

How COVID-19 Spreads: The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Symptoms may appear **2-14 days after exposure:**

- Fever - Fever may not be present in some patients, such as those who are very young, elderly, immunosuppressed, or taking certain medications.
- Cough
- Shortness of breath

Call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with widespread or ongoing community spread of COVID-19.

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms.