



Dear Residents,

I wanted to share with you that today, the Connecticut Department of Public Health has confirmed the first positive cases of COVID-19 among Fairfield residents.

According to Sands Cleary, the Town of Fairfield's Health Director, the individuals are a male and a female both in their 50's. Neither individual was hospitalized and both are doing well. Positive cases of COVID-19 in Fairfield have been expected as community transmission of the virus has been occurring in the area. The Fairfield Health Department will work with affected individuals to ensure all appropriate CDC guidance is followed to limit any potential for exposure.

As I shared during my press conference on Monday along with the town's Emergency Management Director, Director of Health, and Chief of Police, the Town of Fairfield's main objective is to continue to keep residents safe and help slow the spread of the virus (flatten the curve).

The single best way to slow the spread is to practice social distancing, and the Town is recommending that all individuals both adults and children, stay home and not interact with individuals outside of the household. Social distancing of at least 6 feet between non family member is crucial in helping to reduce the spread of the virus and limit the number of people who are infected.

This is why I signed a Declaration of Emergency on Monday and made the decision to close all public parks, beaches, Lake Mohegan Trails,

However, as the number of confirmed cases inevitably rises and if our residents are observed not following CDC prevention guidelines designed to slow the spread of the virus, additional measures may need to be taken to protect public health and safety.

I am calling for all residents in the Town of Fairfield to take preventative actions to help protect themselves and the community as your civic responsibility, these include:

- Staying home if you are sick except to get medical care
- Maintain social distancing of 6 feet when in public
- Avoiding close contact with people who are sick
- Washing your hands with soap and water frequently and for at least 20 seconds
- Covering your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands after
- Avoiding touching your eyes, nose, and mouth
- Cleaning and disinfecting frequently touched objects and surfaces

COVID-19 is a novel Coronavirus which first emerged in December 2019. Symptoms of the virus include fever, cough, and shortness of breath. For more information, resources, hotlines, testing, and how practice social distancing, please visit www.fairfieldct.org/covid19. In addition, the Fairfield Health Department will be sending out information and updates on their social media accounts: Facebook (@FairfieldHD), Twitter (@FairfieldHD), and Instagram (@FairfieldHealth).

I will send another message tomorrow about how town services will continue during this pandemic.

Sincerely,



Brenda L. Kupchick
First Selectwoman

What to do if...

I am well...

Practice social distancing

- Stay home as much as possible except to work, pick up essentials, or to receive medical care
- Maintain a 6 foot distance from others outside of your household

I was exposed to a person with symptoms of COVID-19 or a confirmed case...

Self-Monitor/Self-Quarantine

- Monitor your temperature twice a day. If you develop a cough, fever and shortness of breath, call your health care provider immediately.
- Maintain a 6' distance from other household members and pets.
- Sleep in a separate bedroom. Stay in that bedroom as much as possible.
- If available, use a separate bathroom.
- Do not eat together and do not share utensils, dishes, etc.
- Wash hands frequently – this is for all household members. Use soap and water and wash for at least 20 seconds.
- Use tissue for coughing and dispose of promptly and then wash your hands.
- Discourage visitors. Clean and disinfect 'high touch' surfaces such as bathroom and kitchen countertops, door handles, faucets, remote controls, light switches, etc.
- Discourage visitors
- Unaffected household members who are well have no restrictions on their activity outside of the home. They may go to work, etc.

I am sick with symptoms of COVID-19 or have been confirmed and recovering at home...

Self-Isolation

quarantine and should not go to school, work, etc.

- Masks should be used by both patient and household member when giving care in isolation.

How to discontinue home isolation...

People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

- If you did not have a test, to determine if you are still contagious, you can leave home after these three things have happened:

You have had no fever for at least 72 hours (3 full days of no fever without the use medicine that reduces fevers)

AND

other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

at least 7 days have passed since your symptoms first appeared

- If you were tested, to determine if you are still contagious, you can leave home after these three things have happened:

You no longer have a fever (without the use medicine that reduces fevers)

AND

other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

Yale New Haven Health (Greenwich and Bridgeport Hospitals):

- After an order from a Doctor has been placed, patient will receive a call to schedule an appointment. Call 203-688-1700 OR 833-275-9644 (toll free) for more information

Hartford Healthcare (St. Vincent's):

- Hartford Healthcare – 860-972-8100 OR 833-621-0600 (toll free)

For information on [drive-thru testing](#) in Greenwich, Stamford, and Startford.

Approved hospital based sites in CT offering specimen collection and testing as of March 17, 2020 are:

1. Bridgeport Hospital
2. Bristol Hospital
3. Danbury Hospital
4. Greenwich Hospital
5. Hartford Hospital
6. Lawrence and Memorial Hospital
7. Stamford Hospital
8. St Francis Hospital
9. St Mary's Hospital
10. Waterbury Hospital
11. Yale New Haven Hospital

COVID-19 Prevention Measures:

- Practice social distancing
- Avoid close contact with those who are sick
- Wash your hands often for 20 seconds with warm soap and water. Hand washing is preferred but if not available, use a hand sanitizer with at least 60% alcohol content

- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue immediately away
- Clean and disinfect frequently touched objects (including your cell phone and computer keyboard) and surfaces using regular household cleaning spray or wipe
- Face masks are recommended for use for only people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

Contact Information:

For general questions you can call [211](#)

[Hartford HealthCare's](#) COVID-19 Clinical Command Center hotline, staffed by healthcare professionals, is now available to the community. To reach the 24-hour hotline, call [860.972.8100](#) or (toll-free) [833.621.0600](#).

YNHH has a call center number it's 1-833-ASK YNHH that's open from 7 am - 7 pm.

For additional information and prevention tips, refer to the Health Department website at: www.fairfieldct.org/health or the Fairfield homepage under news at www.fairfieldct.org.

Current Data:

For the latest numbers of cases, deaths and those recovered [click here](#)

For additional data and graphs of activity [click here](#)

Fairfield Health Department coronavirus website: fairfieldct.org/covid19

PREVIOUS COVID-19 UPDATES:

[March 17](#)

[March 14](#)

[March 12](#)

[March 10](#)

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