



Town of Sudbury

Board of Health

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NOTICE TO RESIDENTS

Late Monday, March 9th, the Sudbury Board of Health was informed by the Massachusetts Department of Public Health (MDPH) about a Sudbury resident with a presumptive positive test result for COVID-19. Presumptive means the test has not yet been confirmed by the Centers for Disease Control (CDC). The resident is being treated at a local hospital and is recovering. Family members are at home in quarantine. **There are no known contacts in the Sudbury Public Schools or Lincoln Sudbury Regional High School.**

As of 3/10/2020, there are 41 presumptive cases in Massachusetts. Sudbury residents should visit the following websites for information and links about COVID-19 at:

<https://sudbury.ma.us/health/2020/03/09/coronavirus/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

Personal protections are critical to reduce the risk of infection and community spread. Please adhere to the following:

- Avoid close contact with people who are sick.
- 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.

For information about handwashing, see CDC's Handwashing website:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>