



TOWN OF WESTFORD
BOARD OF HEALTH
TOWN HALL
WESTFORD, MASSACHUSETTS 01886
(978)692-5509 Fax (978) 399 2558

March 17, 2020

Dear Residents,

As many of you may know, there is a global outbreak of respiratory disease caused by a new, or novel, strain of coronavirus known as COVID-19. The town is airing with an abundance of caution to mitigate the spread of this virus. I would like to stress that all measures taken in town are precautionary and designed to limit the potential spread of COVID-19. There are several viruses that circulate this time of year. It is also important to know that most people recover from this virus, but this is **what to do if you are sick:**

What if I feel sick/experience respiratory symptoms?

- **Contact your doctor** if you think you have been exposed to a confirmed case of COVID-19.
- **Watch for symptoms and contact your healthcare provider if you experience any of the following (may appear 2-14 days after exposure):**
 - **Fever**
 - **Cough**
 - **Shortness of breath**
- **Contact your healthcare provider prior to your arrival at a medical facility.**
- **If you develop warning signs such as difficulty breathing or shortness of breath, chest pain, or bluish lips or face, get medical attention immediately.**
- **Stay at home** (except to get medical care).
- **Practice social distancing. Keep 6 feet away from others to reduce risk of infection.**
- **Avoid public transportation and avoid large crowds.**
- **Practice frequent handwashing.**
- **Contact the Health Department at 978-692-5509 if your doctor directs you to.**

Stay calm and thank you for taking responsibility and doing what you can to help contain this virus. Prevention does work and together we can help protect our community. For additional guidance, go to:

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html#situation-in-us>

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

<https://westfordma.gov/covid-19>

<https://mass211.org>

Sincerely,

Jeffrey Stephens, R.S., CP-FS
Health Director
Westford Health Department