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NEWS RELEASE

FOR IMMEDIATE RELEASE - March 25, 2020

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TRAVELERS FROM TRI-STATE AREA URGED TO SELF-ISOLATE

As recommended by the White House Coronavirus Task Force, the Chatham Board of Health is urging residents, who returned to their Chatham homes from New York City or the greater NY metropolitan area (New Jersey, New York, Connecticut), to self-isolate themselves for a period of 14 days in their homes.

This voluntary self-isolation, out of an abundance of caution, recognizes that New York City is the current epicenter of the COVID-19 pandemic in the United States, with more than 15,000 confirmed cases in New York City alone. Self-isolation for 14 days will help curb the spread of the disease in Chatham and Barnstable County and lessen the stress on our critical infrastructure, including, First Responders, Hospitals and Health Care.

We strongly urge new arrivals to take special steps to distance themselves when buying groceries or undertaking other essential activities in our community; practice social distancing, avoid group gatherings, monitor your health, and contact your Health Care Provider should you feel ill.

There is a substantial amount of information available on COVID-19 at the local, regional, State, and Federal level available online. We urge residents and visitors to visit the following sites for accurate, updated information:

1. <https://www.chatham-ma.gov/home/pages/covid-19-coronavirus-information>
2. <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>
3. <https://www.cdc.gov/>

A further source of information is the Massachusetts's 2-1-1 system (dial 211, #Call2Talk, or www.mass211.org) a free, confidential, multi-lingual source for information and referral to local resources.

Any person who is experiencing symptoms such as a fever, and cough or difficulty breathing is encouraged to self-isolate and call your healthcare provider for medical advice.

All persons are urged to maintain social distancing (6 feet from other persons) whenever possible and to wash hands, utilize alcohol-based hand sanitizer, and practice proper respiratory etiquette. High risk individuals, including older adults, those with underlying medical conditions (heart or lung disease, high blood pressure, diabetes, weakened immune system, anyone who is pregnant), are urged to avoid large gatherings.

Finally, please contact the Chatham Emergency Operations Center at (508) 945-5191 should you have any questions or need assistance at any time.

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