Tips to Decrease Coronavirus Spread

As we are all bracing for the impacts and effects of novel coronavirus (COVID-19), Fairfield Department of Health is recommending and supporting measures to decrease the spread of this virus.

- #1 is to wash your hands frequently
- Stay home if you are feeling sick
- Cough/sneeze into your sleeve and not your hand
- Practice social distancing (staying at least 3 feet away from others, 6 feet is better)
- Limit social interactions (If you must have social interactions, try to limit them to the same people to decrease spread to others)
- Call friends, neighbors, and loved ones to check on them. Do not go and visit.
- Drop off meals on doorsteps of people who are more isolated

A good rule of thumb right now is "If it's not necessary, don't do it".

Now is a great time for not-for-profits, faith-based organizations, and others to pull together. Drop off meals, call people and check on them, or find other creative ways to help.

The whole world is going through this right now. Remember to be kind to others, smile, and have patience with each other. This is a stressful time, but we will get through it together.