COVID-19

COVID-19 is a new respiratory disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases.
Symptoms of this infection may appear 2-14 days after exposure and include:

- Fever
- Cough and shortness of breath, and
- In severe cases, pneumonia (fluid in the lungs).

COVID-19 is spread through respiratory secretions (droplets from coughs and sneezes) of an infected person to another person.

Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses, including COVID-19:

- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose and mouth.
- **Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.
- **Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

It's important to stay healthy, so don't forget to get enough sleep, and ease stress by exercising, talking with friends and family, and practicing your hobbies, if possible.
• Walks outside and hikes can be a good way to get exercise, without coming into close contact with others.
• Evidence suggests Coronavirus can survive on surfaces for hours to days on a variety of surfaces, so, unfortunately, it's best to avoid playgrounds and play equipment. (And crowded playgrounds are also places where kids have contact with each other).
• The coronavirus (COVID-19) is a rapidly developing situation. To reduce the spread of coronavirus, the expectation is that your children will remain at home, with adult supervision and not gathering for social activities. We need to practice social distancing and personal hygiene, such as hand washing, to reduce the spread of this virus.

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