

**Hello Yarmouth Residents**

**March 20, 2020**

This is Yarmouth Police Chief Frederickson, with a very important public health update about the coronavirus that is spreading rapidly and is now present on the Cape.

Currently, in Massachusetts there are **413** confirmed cases and **(1)** death due to COVID-19. In Barnstable County there are **(9)** confirmed cases. In the Town of Yarmouth there are now **(2)** confirmed cases.

This virus spreads primarily between people who are in close contact with one another. The virus is transmitted through the air from person to person.

**It is important that people maintain a social distance of 6 feet .**

Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing. Persons infected may transmit the virus for several days before symptoms appear.

If you develop COVID-19 like symptoms you must call your healthcare provider or the Massachusetts Department of Public Health at 2-1-1 ext. 26.

If you develop COVID-19 like symptoms and do **not** have a primary care physician call (508) 862-5595 for screening over the phone. Patients without symptoms do **not** need testing.

To prevent the spread of the virus wash your hands frequently with soap and water for at least 20 seconds. Use the inside of your elbow to cover coughs and sneezes. Avoid touching your eyes, nose and mouth with unwashed hands. Clean and disinfect frequently touched surfaces such as doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets and sinks. **Staying home will reduce your risk of becoming sick.**

If you need emotional support during these stressful times, call 2-1-1 and choose the CALL2TALK option.

More information is provided on this rapidly changing public health emergency on the town's web site at [www.yarmouth.ma.us](http://www.yarmouth.ma.us). If you need further assistance please call us at 508.398.2231.

Thank you for listening.