

Hello Yarmouth Residents

March 17, 2020

This is Dan Knapik, the Town Administrator with a very important public health update about the Coronavirus or Covid -19 that is now present on the Cape.

This virus spreads primarily between people who are in close contact with one another. The virus is transmitted through respiratory droplets produced when an infected person coughs or sneezes. The virus may remain active for several days on contaminated surfaces.

Health officials have offered the following advice; wash your hands frequently with soap and water for at least 20 seconds, use the inside of your elbow to cover coughs and sneezes and avoid touching your eyes, nose and mouth with unwashed hands. Additionally, 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 must leave your home, remember that it is important that people maintain a Social Distance of 6 feet. And it is recommended that you avoid gatherings of 10 people or more.

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 symptoms you must call your healthcare provider or the MA Department of Public Health Department at 211 X26.

If someone in your household has been quarantined at home, all contacts including household members and caregivers must stay at home and monitor their own health and call their healthcare provider if they develop symptoms suggestive of fever, cough, and shortness of breath.

The Board of Health and the Director of Health have ordered that town buildings, parks, golf courses and recreational areas be closed to the public. The trash drop off and recycling area at the landfill site will remain open to residents with a landfill sticker. Additionally, all town related meetings have been postponed until April 7. There is further guidance on closures or restricted activities on our website.

As a community, as a country, we have never been through a similar situation and there is much uncertainty as to what the future will hold. We take these measures out of an abundance of caution for your safety and the safety of our employees. Remember, washing your hands for at least 20 seconds with soap and water and practicing Social Distancing is vital to slowing down the spread of the virus and saving lives. You must do your part by staying home.

Additional information is provided daily 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 are in need of assistance, please check the website for instructions or call us at 508.398.2231.

Thank you for listening.