

# FIRST SELECTMAN'S OFFICE

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*Matthew S. Knickerbocker, First Selectman  
Richard C. Straiton, Selectman  
Paul R. Szatkowski, Selectman*

*Wendy Smith, Office Administrator  
Dionne Craig, Office Assistant  
Phyllis Kansky, HR/Grants Administrator  
Martin J. Lawlor, Town Counsel*

## PRESS RELEASE

BETHEL, CT, March 24, 2020 - Bethel officials were recently notified by state health authorities that six cases of COVID-19 have been confirmed in the town of Bethel. The individuals involved are adults. They are under the care of their personal physicians and following the treatment and home isolation guidelines as recommended by the Centers for Disease Control. Up to date information may be found at the State of Connecticut COVID-19 website at <https://portal.ct.gov/Coronavirus>

First Selectman Matt Knickerbocker stressed the need for all residents to take precautions to protect themselves from the virus. “This is real. This virus is here, in our town, and we must take aggressive actions to limit exposure to our friends, family members and ourselves.”

In addition to thorough hand washing and other personal hygiene practices, Knickerbocker also underscored the importance of social distancing.

“I know this is very difficult, but people need to take this seriously. Staying home and staying away from other people for the time being is the only way to stop the spread of this dangerous virus. This means limiting get-togethers and play dates, because with an incubation period of up to two weeks, it’s impossible to predict when or where you might be exposed to the virus. Everyone needs to take responsibility for keeping themselves and their families safe.”

Bethel residents are strongly urged to follow the CDC guidelines outlined below:

- To help prevent the spread of COVID 19, please use personal protection measures, practice social distancing, stay home if you are sick and call your doctor if you have respiratory symptoms (fever, cough, shortness of breath).
- Persons with fever and cough or shortness of breath should be treated as if they have COVID-19 even if no test is conducted; their contacts should also be treated as being exposed to COVID-19.
- Person's considered to have COVID-19 are being asked to self-isolate, use the CDC Home Isolation guidance to avoid exposure to other family members until recovery of illness symptoms. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
- Health Care Practitioners will guide person's with COVID-19 who have symptoms and were directed to care for them at home about discontinuance of isolation following CDC guidance (non-test-based strategy):
- At least 3 days (72 Hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
  - At least 7 days have passed *since symptoms first appeared*. See CDC link <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
  - Residents exposed to a potential or confirmed COVID-19 case are asked to self-isolate for 14 days to ensure that COVID-19 is not spread to others. If a person who is monitoring their symptoms becomes ill, then they should contact their doctor and follow the isolation guidance above. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
- *Your doctor will work with you using the CDC Current guidance for release from isolation* can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
  - The CT Department of Public Health is working with us and high-risk entities (e.g. hospitals/healthcare settings) to ensure that public health protection and prevention of COVID-19 disease spread is effectively managed in town.
- Your doctor will work with you using the CDC Current guidance for release from isolation can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Additional information:

Bethel Infoline: 203-794-8530 - 8:00 am - 4:00 pm M-F <https://www.bethel-ct.gov/>

<https://portal.ct.gov/DPH/Public-Health-Preparedness/Main-Page/2019-Novel-Coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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