

Coronavirus Disease 2019 (COVID-19)

The West Haven Health Department is closely monitoring the outbreak of respiratory illness caused by the new coronavirus, called COVID-19, which stands for coronavirus disease 2019. The West Haven Health Department is in close communication with the Connecticut Department of Public Health (DPH) and the U.S. Centers for Disease Control and Prevention (CDC) to ensure the health and safety of our community.

The 2019 novel coronavirus typically causes mild to severe respiratory symptoms, including fever, cough and shortness of breath. There is no vaccine at this moment to prevent COVID-19 infection, nor is there specific treatment. Based on current information from the CDC, symptoms of COVID-19 may appear in as few as two days or as long as 14 days after exposure. Transmission is believed to happen mainly through respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory illnesses spread.

The best way to prevent infection is to avoid being exposed to the coronavirus. The West Haven Health Department encourages everyone to practice good hygiene and to follow the precautions below to prevent illnesses, such as influenza and the virus that causes COVID-19.

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are unavailable.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue.
- Routinely clean and disinfect frequently touched objects and surfaces.
- If you suspect you have been exposed to the COVID-19 virus, please contact your health provider.

For additional information, please visit the following resources:

[Connecticut Department of Public Health 2019 Novel Coronavirus Information](#)

[U.S. Centers for Disease Control and Prevention 2019 Novel Coronavirus Information](#)