Town of Richmond
Board of Health

RESIDENTS OF RICHMOND:

The coronavirus known as COVID-19 is a serious and dangerous disease. The World Health Organization has declared it a pandemic, meaning it's in just about every country. The most vulnerable people to infection are those over 65, particularly those with medical conditions such as diabetes, heart and lung disease, or a compromised immune system. BUT, please be very aware that anyone can contract coronavirus – young and old – and all can spread it to others. The basic symptoms are:

- **Fever**
- **Cough**
- **Shortness of breath**

These symptoms typically show up 2 to 14 days after being infected. If you have these symptoms, call your doctor or the Berkshire Medical Center (always call first).

While there is no vaccine yet to prevent this virus and there are no curative medicines, there are a number of very positive actions you and your family can take to protect yourselves. These include:

- Avoid contact with ill individuals.
- Maintain a "social distance" from other people, usually 6 to 10 feet
- Stay home if you can
- Wash your hands often, lather for about 20 seconds
- Use hand sanitizers with at least 60 percent alcohol
- Do not touch your face
- Avoid large gatherings
- Cover your face when sneezing and coughing
- Clean surfaces with disinfectants, particularly doorknobs and kitchen surfaces

There is a lot of misinformation on the internet. For the most up to date information contact these sources:

Berkshire Health System Call: 855 BMC LINK { (855) 262-5465} –
      Between:7 AM and 7 PM
CDC website: www.cdc.gov/coronavirus
Mass. Dept. of Public Health: www.mass.gov/2019coronavirus
Locally call the Richmond Town Administrator or the Richmond Board of Health

Please also note that the Richmond Board of Health will follow all the guidance provided by the Massachusetts Governor's office including banning meetings of 25 people or more. And, the Richmond Town Hall will be closed to the public but staff will be available to answer your questions over the phone.

The Town will keep you updated.

Stay calm, catch up on your reading and stream a good movie or two or twenty.