



WHAT TO KNOW ABOUT THE RAPIDLY CHANGING CORONAVIRUS SITUATION

A message from the Select Board on behalf of the emergency management response team: Take care of your health and protect others. You may already be aware of the following recommended precautions. Understand that this is a rapidly changing situation. We will post updates at the Town website, Fire and Police stations, and outside the Post Office and General Store. Here's what we know now:

Find reliable information and act on it. No source is perfect but some sources are better than others. Look to sources that

- have a mission to inform and protect the public, like the Center for Disease Control and Prevention ([CDC](#)) and the World Health Organization ([WHO](#));
- rely on reputable experts who use well-accepted scientific analyses; and,
- are not promoting or selling a product related to the information provided.

Slow and prevent the virus from spreading. WHO is reporting that studies suggest the virus is mainly transmitted from person to person through respiratory droplets from the nose or mouth. Droplets are spread when a person with the virus coughs, sneezes, or exhales. Droplets travel about 3-6 feet, and settle on surfaces. If you breathe in droplets, or bring them into contact with your eyes, nose, or mouth, then you risk getting infected and infecting someone else. This is where “social distancing” comes in — a proven way to slow pandemics — and, everyday preventive actions that limit any virus:

- **Wash your hands** frequently and thoroughly with soap and water for at least 20 seconds — include your thumbs. Wash especially after you have been in a public space, or after blowing your nose. If you must use hand sanitizers, note they must contain at least 60% alcohol to be effective.
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Maintain social distancing and avoid gatherings larger than 10 people.** Keep a distance between you and others — 6' is recommended. Avoid physical contact like handshakes.
- **Clean surfaces.** [CDC.gov/coronavirus/2019](#) provides more information including how to safely mix and apply disinfectant solutions.
- **Take care not to infect others.** Stay home if you feel unwell — for your sake and others' who are at risk. The CDC is reporting common COVID-19 symptoms include fever, cough, and shortness of breath. Monitor for these symptoms. Symptoms appear 2 to 14 days after exposure. Cough and sneeze into elbows and tissues to protect others.

Call your healthcare provider if you develop a fever, cough, and difficulty breathing. If you do not have a healthcare provider, call the State Covid Hotline: 211. For medical emergencies only, call 911.

Town services information. In-person contact between employees and the public will necessarily be limited. Services will be provided by phone, email, appointment, and social distancing methods — call or email the Select Board, the Town Clerk, the Fire and Police Chiefs, the Librarian, and the Road Agent. Refrain from visiting. Changes at the Recycle Center are posted at the entrance, you can call the Recycle Center Coordinator during hours. The Town Report provides a contact directory. Copies are available at the Post Office.



Source: Johns Hopkins University | Last updated: March 17, 2020

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You are not alone. Support networks are mobilizing throughout the Harrisville community. As of March 22:

Call Town Hall, 827 3431, or email townhall@harrisvillenh.org to volunteer assistance, or for non-emergency assistance (mental health and welfare needs, shopping, and so forth).

For information about church-sponsored support, call Traceymay Kalvaitis, Pastor, Harrisville Community Church, 603-715-0990, or email traceymaykalvaitis@gmail.com.

For help with groceries or take-out meals, call the Harrisville General Store, 827 3138 between 8-noon for details.

EDDM

Resident

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