March 3, 2020

Re: Coronavirus Disease 2019 (COVID-19)

To the residents of Londonderry:

I am the Fire Chief for the Town of Londonderry, as well as the town’s Emergency Management Director. The purpose of this letter is to introduce myself as your Emergency Management Director and to provide some general guidance with regard to COVID-19.

First, rest assured that I am actively monitoring the situation via both the Centers for Disease Control (CDC) and the New Hampshire Department of Health and Human Services Division of Public Health in conjunction with other Town officials from the Fire Department, Police Department, School District, and Town Hall. The Town stands ready for a coordinated response should the COVID-19 virus become a factor in our community.

Please do not hesitate to reach out should you have concerns or should you need assistance with regard to a suspected case of COVID-19.

The following is some general information related to COVID-19:

**What is the difference between seasonal coronaviruses and the virus causing COVID-19?**
Coronaviruses are a family of closely related viruses. Some frequently cause the common cold, but the virus causing COVID-19 is a new type of coronavirus that we believe moved from animals into humans and is infecting people for the first time.

**What are common symptoms of COVID-19?**
For confirmed COVID-19 cases, symptoms typically include fever, cough, and shortness of breath. Reported illnesses of COVID-19 have ranged from mild symptoms to severe illness and death.

**How is COVID-19 spread?**
This virus spreads primarily through respiratory droplets (such as occur when an infected person coughs). Risk for transmission between people is highest with close contact (e.g., family members, healthcare settings).
Steps to help prevent becoming infected
There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventative actions to limit the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
  - CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
  - For additional information about handwashing, please visit the CDC’s Handwashing Guide: [https://www.cdc.gov/handwashing/when-how-handwashing.html](https://www.cdc.gov/handwashing/when-how-handwashing.html).
- People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

These everyday habits can help prevent the spread of several viruses. The CDC has also issued specific guidance for travelers which can be found on the CDC website (link below).

Outbreaks of COVID-19 can evolve quickly and the recommendations from public health and government officials may change as new information becomes available. I encourage you to consult the following websites frequently for the most up-to-date information:
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Respectfully,

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