



We understand that many residents may have questions regarding the novel coronavirus (2019-nCoV), now referred to as COVID-19, and how it may impact the Lowell community. While **the immediate risk to Lowell and all Massachusetts residents remains low at this time**, we encourage residents to review the Centers for Disease Control and Prevention's (CDC) website for virus information, situation updates, and prevention and treatment methods. The CDC is providing daily updates and recommendations on their website, which can be accessed at [www.cdc.gov/nCov](http://www.cdc.gov/nCov). There is also information available from the Massachusetts Department of Public Health, which can be found at [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus).

Coronaviruses are respiratory viruses and are generally spread from person-to-person, when an infected person coughs or sneezes, similar to the flu.

**The symptoms of this infection include:**

- Fever
- Cough
- Difficulty breathing

**Protect yourself and others:**

- Wash your hands often and thoroughly with soap and water for at least 20 seconds
- Avoid touching your mouth, nose, and eyes with unwashed hands
- Cover your coughs or sneezes with a tissue or your sleeve (not with your hands)
- Avoid close contact with people who are sick
- Clean and disinfect surface area frequently
- Stay home from work or school if you are sick

*These recommendations are the same we encourage residents to stay healthy during any flu or respiratory virus.*

Call your healthcare professional if you have a fever, cough, or difficulty breathing, and have either been in close contact with a person known to have COVID-19 or if you live or have recently traveled from an area with ongoing spread of COVID-19. They will instruct you on how to get care without exposing other people to your illness.

Once again, the risk to Lowell and to Massachusetts remains low at this time and the Lowell Health Department is working closely with the Massachusetts Department of Public Health to do everything necessary to protect the health of our residents and visitors. If you have any questions or concerns on this matter, please call the Lowell Health Department at 978-674-4010.