

As the number of cases of COVID-19 continue to increase throughout Norwalk, we need everyone to do their part to help slow the spread of the virus. Parents need to pay particular attention to their children to ensure that they practice safe distancing and do not congregate. Numerous reports have come in of teenagers gathering in groups in public spaces to play sports, especially basketball. They risk spreading the illness and infecting others. This is a public health emergency, not a vacation from school or work.

The best way to prevent illness is to avoid being exposed to this virus in the first place. And the best way to do that is to:

- **Stay home if you can.** Only go out for essentials, like food or medicine. If you need to go to the store, just one person should go to minimize the chance of infection.
- **If you do go out, practice social distancing.** Keep six feet apart and do not congregate in groups of more than 5 people. Physical distance is critically important.
- **Wash your hands often.** Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

It is important to remember that even if someone feels fine, they can be putting other people at risk by unknowingly spreading the virus. That means people who are at a higher risk of infection, like the elderly or those with pre-existing conditions, could be exposed, resulting in hospitalization or even death.

Do not believe rumors or gossip – especially on social media. There is no vaccine. There is no medicine to make someone immune. Accurate and updated information is available at <https://www.norwalkct.org/AlertCenter.aspx?AID=Coronavirus-Information-4>