



Pomperaug District Department of Health

77 Main Street North • Playhouse Corner • Suite 205 • Southbury, Connecticut 06488
(203)264-9616 • Woodbury (203)266-4785 • Oxford (203)888-2543x3005
Fax (203)262-1960 • www.pddh.org

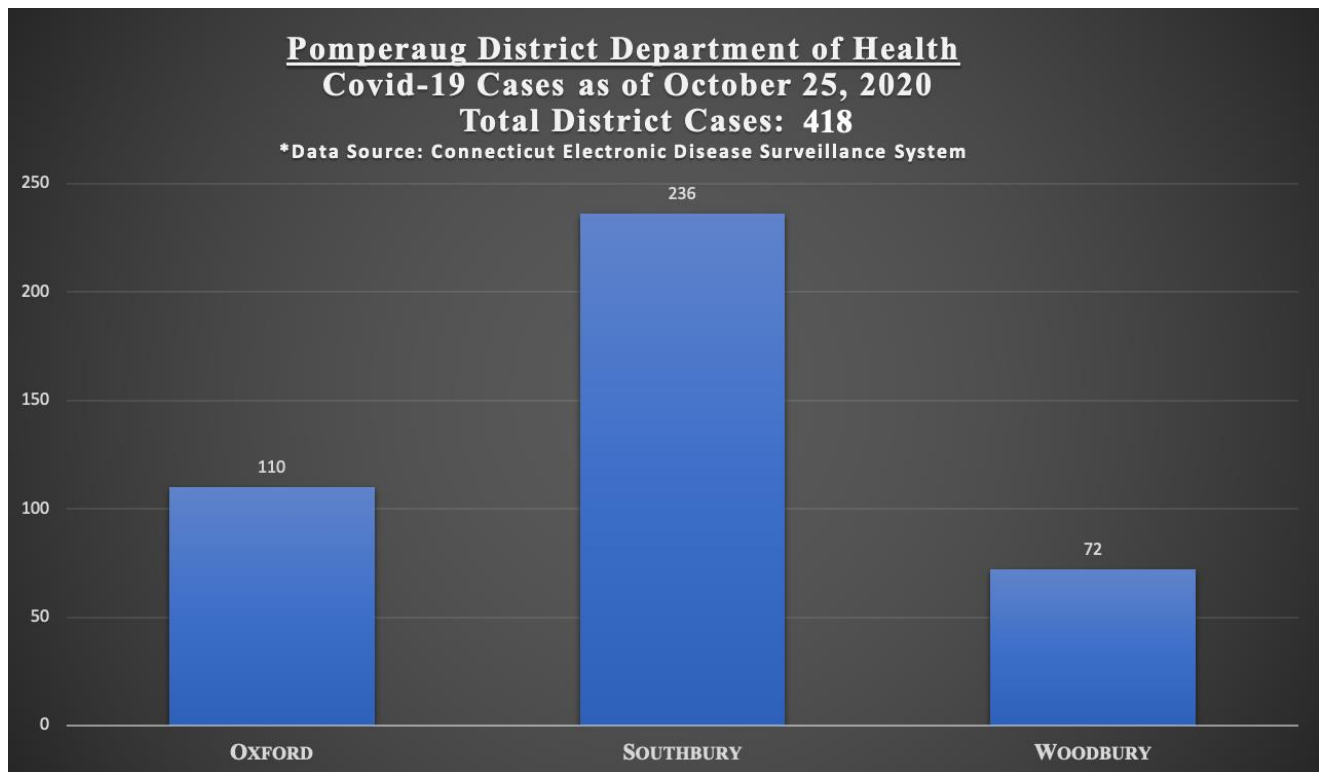
October 26, 2020

For Immediate Release

Contact: Neal Lustig, Director of Health, Pomperaug District Dept. of Health

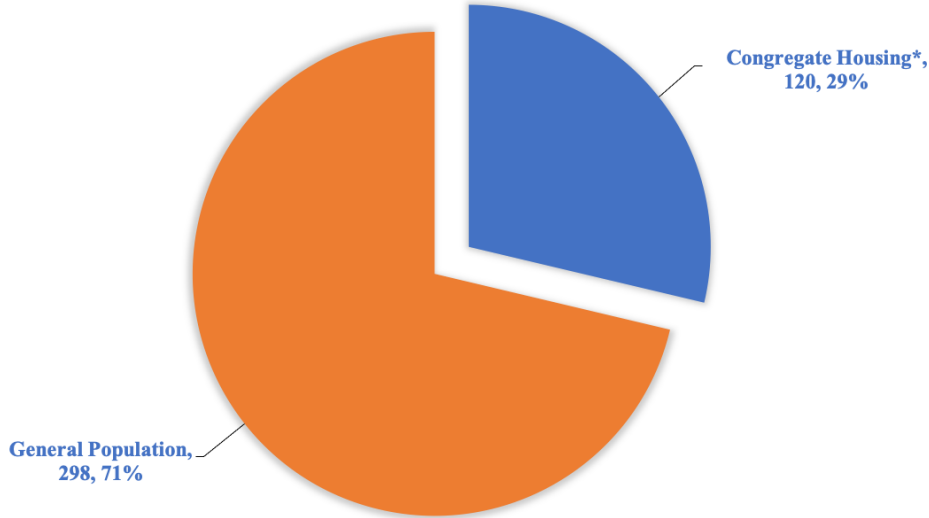
Pomperaug Health District COVID-19 Testing Summary for October 25, 2020 – Significant Increase in Cases

The Pomperaug Health District is keeping a close eye on COVID-19 testing results in our towns and has noted a significant increase in the number of cases in recent weeks. The cumulative case count in the Pomperaug Health District is now at 418, an increase of 44 in since September 27th. So far, 29% of these cases have been residents of congregate housing, the remainder is community transmission, which is widespread once again. The total number of fatalities is 46, which has remained unchanged for 2 months.



**POMPERAUG DISTRICT DEPARTMENT OF HEALTH
COVID-19 CASES AS OF OCTOBER 25, 2020
BY LIVING ARRANGEMENT**

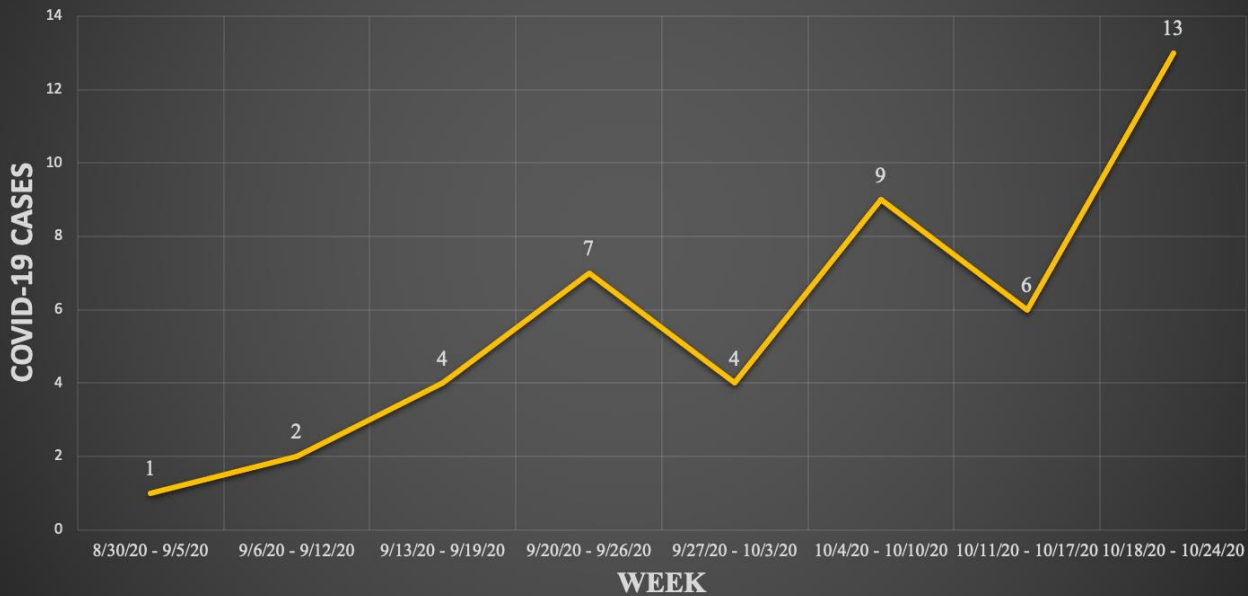
TOTAL DISTRICT CASES: 418
*CONGREGATE HOUSING INCLUDES LONG TERM CARE, ASSISTED LIVING, GROUP HOMES
AND SOUTHBURY TRAINING SCHOOL



These charts are derived from Connecticut Electronic Disease Surveillance System (CTEDSS) which undergoes frequent revisions due to the increase in testing being done in our state and our three towns. As the system is updated, the numbers may fluctuate due to corrections.

**Pomperaug District Department of Health
Covid-19 Cases as of October 24, 2020
Cases by Week**

*Data Source: Connecticut Electronic Disease Surveillance System



The Health District has been tracking the number of cases per week since early August. For August and September there were between 1 to 7 cases per week in the three towns of the Health District. October has seen dramatic increase in the number of cases, with 13 cases, last week alone.

The Pomperaug Health District has been tracing the close contacts of known cases, including contacts associated with local schools. So far, over 100 students and staff have been quarantined. A close contact is someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patient, 2 days prior to test specimen collection) until the time the patient is isolated.

Based upon information gathered during contact tracing, the main source of COVID-19 spread in our community is household contact as well as small and large gatherings with friends and family.

The Pomperaug Health District recognizes that people are tired of COVID restrictions and are letting their guard down, particularly after the low incidence of cases during the summer. However, the number of local cases is rapidly climbing and the Health District urges residents to continue practicing simple, effective, everyday preventive measures:

- If you are older or have a serious chronic illness, avoid crowds. Be cautious with family and friend gatherings.
- If you have gatherings at your home, follow the State's guidelines for gathering size. Currently, gatherings at private residences are capped at 25.
- Practice social distancing.
- Wear a face covering when you are out in public or with people who are not in your household. Be sure it covers you mouth and your nose.
- Practice frequent handwashing. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Clean frequently touched surfaces and object daily. Use an EPA List N approved product.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Practice healthy habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

If you were tested for COVID-19 due to symptoms, being identified as a close contact, or due to recent travel, it is critical that you stay home until you get your test results, even if you are feeling well. Start to think about who were in contact with 48 hours prior to your test, in the results are positive and case contact tracing becomes necessary

If you have been identified by the Pomperaug Health District, the school system or another health department as a close contact of someone with COVID-19, please stay home for the duration of your quarantine period. Even if you get tested and it's negative, you still need to complete the 14 day quarantine.

For more information on COVID-19 visit www.pddh.org.