

COVID-19 Information

The coronavirus (also known as COVID-19) is a contagious disease that is infecting people across the United States. This webpage will provide Wellfleet residents with information about Town activities related to the coronavirus, as well as trustworthy sources of additional information.

What is Coronavirus and How Does It Spread?

Coronavirus is a respiratory infection that can be spread from one person to another. It appears to spread between people who are in close contact with each other (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

Coronavirus Symptoms

This coronavirus (COVID-19) causes respiratory (lung) infection. Symptoms include:

- Fever
- Cough
- Shortness of breath
- In more serious case, pneumonia (a lung infection) may develop

Coronavirus Prevention

There are actions you and your family can take to protect yourselves from the coronavirus:

- Wash your hands frequently, for at least 20 seconds, with soap and water. If soap and water aren't available, use hand sanitizer with an alcohol concentration of at least 60%
- Avoid touching your face, eyes, nose or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home if you are sick.
- Put distance between yourself and others if we experience coronavirus

in our community – especially if you are at higher risk of getting sick. Older adults and people with serious chronic medical conditions are at higher risk.

- If you cough or sneeze, cover your mouth and nose with a tissue or your sleeve.
- Routinely clean hard surfaces and areas where germs may collect.

Face Masks

- People who are not sick do not need facemasks.
- Face masks are needed to be worn by those who are sick to prevent them from spreading the virus.

Coronavirus Treatment

There are no treatments or vaccine for COVID-19. Patients can receive treatment to relieve symptoms - for example, medications for cough and fever.

Coronavirus Checklist for Getting Your Home Ready

Review this CDC guidance so your home is prepared.

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/checklist-house...>

Travel from High Risk Areas

If you recently returned from travel to China, South Korea, Italy, or Iran, the CDC recommends that you self-quarantine for a period of fourteen (14) days from the date you left the country in question.

A Caution About Untrustworthy Coronavirus Information

Make sure you get your information from trusted sources, and that you follow guidance from the CDC, the Massachusetts Department of Public Health, and the Wellfleet Health Department.

Self-Quarantine

In some cases, people may be directed to “self-quarantine” if they are suspected of having the coronavirus or recently traveled to a country with many cases.

- Self-quarantine (or home isolation) means you:
 - Stay at home except for getting medical care.
 - Avoid public transportation, ride-sharing, and taxis.
 - Stay away from other people and pets in your home and use a separate bathroom if possible.
 - No visitors should come to your home.
 - If you need medical care, call ahead for guidance unless it is an emergency.
 - Avoid sharing household items.
 - Wash your hands frequently.
 - Wear a facemask if around other people.
 - Cover your sneezes and coughs with a tissue.
 - Monitor for any symptoms, or worsening symptoms.
 - Discontinue self-quarantine only in consultation with a health care provided.

The Wellfleet Health Department

If you have questions about the coronavirus, contact the Wellfleet Health Department at (508) 349-0308 or by email.

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