

# State Representative **MICHELLE L. COOK**



## **Important: COVID-19 Information**

Dear Neighbor,

In these difficult times, I understand how important it is that you get the most current, factual information to protect yourself, your family and our community. To ensure that you are getting the most up to date information relating to COVID-19, please subscribe to my daily e-blasts and follow my Facebook page. Attached to this flyer is instructions on how to subscribe or simply email me at [Michelle.Cook@cga.ct.gov](mailto:Michelle.Cook@cga.ct.gov) and my staff will sign you up. If you have any issues, concerns or questions please do not hesitate to call my office at 860-240-0160.

I will continue to work to keep you informed, connected, and protected. Thank you to our frontline medical workers risking their lives to fight this disease, other essential workers and everyone staying home to slow its spread. We are ready to help one another through this.

Sincerely,

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## For More COVID-19 Information

### ONLINE:

Go to [CT.GOV/CORONAVIRUS](https://www.ct.gov/coronavirus) for updates on the state's response and public information on the virus and related matters like unemployment. I also share daily updates from the state at [FACEBOOK.COM/REPCOOK](https://www.facebook.com/REPCOOK) and through daily ENewsletters you can join by emailing me at [Michelle.Cook@cga.ct.gov](mailto:Michelle.Cook@cga.ct.gov).

### PHONE:

Call **2-1-1** for general questions and assistance 24 hours a day. The line also has multilingual assistance and TDD/TTY access for hearing impaired. You can also text **CTCOVID** to **898211**.

## What Is Coronavirus/COVID-19?

COVID-19 (Coronavirus Disease 2019) is a respiratory illness spread from person to person contact. There are many forms of coronaviruses, but COVID-19 is a new disease, not previously seen in humans, that has caused a global pandemic.

Symptoms may include (but are not limited to) cough, fever, and difficulty breathing. If you are sick, you should call your physician. Do not call 911 or go to a hospital unless you require emergency care. **Go to [CT.GOV/CORONAVIRUS](https://www.ct.gov/coronavirus) for more information about COVID-19.**



### STAY HOME

The Governor signed an executive order that encourages people to stay in their homes unless running essential errands and closes all businesses not deemed essential until at least **May 20 to slow the spread of COVID-19.**



### STAY 6 + FEET FROM OTHERS

The CDC says that COVID-19 can be spread to people within at least six feet and that people who have the virus without symptoms are contagious.



### WEAR A MASK AT ALL TIMES IN PUBLIC

If you have to leave the house, the federal government now suggests that you should wear a non-medical face mask to reduce risk of getting infected or infecting others with COVID-19.



### WASH HANDS AND SANITIZE SURFACES FREQUENTLY