

State Representative **TAMMY EXUM**



Important: COVID-19 Information

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. Follow the instructions below to get more information and updates relating to COVID-19 and call me anytime on my office line at 860-240-8378. I will continue to work to keep you informed, connected, and protected. Thank you to our frontline medical workers who are 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.

A handwritten signature in cursive script that reads "Tammy Exum". The signature is written in dark ink on a light background.

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For More COVID-19 Information

ONLINE:

Go to [CT.GOV/CORONAVIRUS](https://www.ct.gov/coronavirus) for up to date response and public information on the virus and related matters like unemployment. I also share daily updates from the state at [FACEBOOK.COM/STATEREPEXUM](https://www.facebook.com/STATEREPEXUM) and through daily ENewsletters you can join by emailing me at TAMMY.EXUM@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 with many cases here in Connecticut.

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 YOUR HANDS

Wash your hands often 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.