



- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds.

**For more information regarding COVID-19 visit:**

- CT Department of Public Health at [www.ct.gov/dph](http://www.ct.gov/dph)
- Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov)
- Plainville Southington Health District at [www.pshd.org](http://www.pshd.org)

**For more information regarding business exemptions visit:**

- CT Department of Economic and Community Development at <https://portal.ct.gov/DECD/Content/Coronavirus-for-Businesses/Coronavirus-for-Businesses>

If you have a question regarding COVID-19, simply email [covid19@southington.org](mailto:covid19@southington.org). A public health official will respond to your inquiry as soon as possible.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.

