

- 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.

If you think you have been exposed to COVID-19, contact your healthcare provider immediately. For more information on COVID-19 visit the PSHD website at www.pshd.org or the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

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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.