DOVER BOARD OF HEALTH CORONAVIRUS

UPDATE 3/19/2020

PHYSICAL DISTANCING IS KEY

In addition to the measures The Town of Dover has instituted including closing schools and preschools, canceling and postponing events, and closing Town buildings to the public.

We strongly recommend the following actions to slow down the virus’ spread:

- Avoid contacts outside your household unless truly necessary (groceries, health care)
  - Arrange virtual rather than in-person playdates and gatherings for children, teens, and adults
  - Avoid playgrounds, where coronavirus can live on surfaces for days

- Don't touch other people unless they are your household contacts

- It's fine (and good) to go outside. Just stay away from (6 feet) and avoid touching other people

- If you are concerned about elderly neighbors, please call them regularly to chat but avoid going into their homes

- If you are sick, isolate yourself from other household members and call your primary care physician. Don't walk into a medical facility without calling ahead for instructions.