



# TOWN OF WEST NEWBURY

## BOARD OF HEALTH

TOWN OFFICE BUILDING  
381 MAIN STREET, WEST NEWBURY, MA 01985

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## COVID-19/CORONAVIRUS

WHO CAN BECOME INFECTED BY THE VIRUS? ANYONE

WHO IS AT RISK FOR DEVELOPING MORE SERIOUS COMPLICATIONS IF THEY BECOME INFECTED?

**Older Adults** and people with underlying diseases that include:

- 1) **Lung Disease**
- 2) **Diabetes**
- 3) **Heart Disease**

### PROTECT YOURSELF

\*Take Everyday Precautions like:

Frequent handwashing with soap and water for at least 20 seconds or use hand sanitizer  
Avoid touching your eyes, nose and mouth with unwashed hands  
Social Distancing = at least 6 feet between you and anyone else

\*Stock up on supplies and medications

\*Avoid crowds

**\*If There is an Outbreak in West Newbury, please stay home as much as possible.**

### PROTECT OTHERS

\*Stay at home if you are sick

\*Cover your coughs and sneezes with a tissue or a sleeve covered elbow

\*If you are sick, Wear a facemask when you are around other people.

\*Clean and disinfect frequently touched surfaces daily.

**IF YOU THINK YOU HAVE BEEN EXPOSED TO COVID-19, DEVELOP A FEVER AND RESPIRATORY SYMPTOMS SUCH AS A COUGH OR DIFFICULTY BREATHING: CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY. IF THERE IS AN EMERGENCY CALL 911 IMMEDIATELY**

For more information, the following websites can be reviewed. MA Department of Public Health (DPH) website at: [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus) & the Center for Disease Control and Prevention (CDC) website at: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov).

Please Contact the West Newbury Board of Health with any Questions:

**WN Health Agent, Paul Sevigny** at 978-833-7458 or email [psevigny@wnewbury.org](mailto:psevigny@wnewbury.org)  
**Public Health Nurse, Diane Dardeno RN** at 781-710-0841 or email [phn.wnewbury@gmail.com](mailto:phn.wnewbury@gmail.com)