

Town of Redding
Health Department



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Redding has been informed by the Connecticut Department of Public Health of two positive cases of COVID-19. Noticing that the virus was in nearby towns, the presence of COVID-19 in Redding was expected.

With this development Redding residents are reminded to be more adamant than ever with their social distancing. Not feeling sick isn't a good enough reason to break the social distancing norms because you could be incubating the virus and spreading it inadvertently. Social distancing is primarily about protecting other people by slowing transmission. This includes avoiding getting together with other people if at all possible, working from home, and staying away (at least 6 feet) from others, especially those who are ill.

Residents exposed to a potential or confirmed COVID-19 case are asked to self-isolate for 14 days to ensure COVID-19 is not spread to others. If you develop a fever and symptoms such as dry cough or difficulty breathing, stay home and call your doctor for advice before leaving the house and going anywhere. Some doctors are now using telemedicine which is becoming a mainstay. Based on your symptoms and other information you provide your doctor will determine if you meet criteria for COVID-19 testing. Obtaining an order from your doctor is required to be tested. Those who need immediate medical assistance should call 911.

Persons with COVID-19 or flu-like symptoms may discontinue isolation only if they have been symptom free for at least 3 days (72hr). Symptom free is defined as resolution of fever without fever reducing medications and improvement with cough and shortness of breath, and at least 7 days have passed since symptoms first appeared.

Governor Lamont has put out a thorough FAQ document that will most likely address questions that you might have. It can be found at <https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en>

Once again, we must "Stay Safe, Stay Home".

The Redding Health Department