A Covid-19 Coronavirus Message from the First Selectman

The next three weeks will be critical as to how well our state government is able to lower the rate of coronavirus infection throughout Connecticut. Our one and only weapon against the virus, at this point, is physical distancing and remaining at home. Our little town is still one of the few areas in Connecticut that is free of the virus. You can help to continue that trend by physically distancing yourselves from as many people as possible. That means staying at home as much as possible, keeping at least a 6’ distance from people and using protective measures to keep the virus away from your nose, eyes and mouth. All of this may seem like a huge imposition but none-the-less, it is imperative that we do so. Be sure to familiarize yourself with CDC guidelines but here are some of the basic things that may see us through this pandemic:

1. Stay at home unless it is absolutely necessary to go out. Plan food purchases and seek places with curbside delivery. Investigate online food and pet purchases.

2. Keep at least 6’ from people you may meet. The virus is droplet borne. If you do go out, wear gloves and a mask, even if the mask is homemade. Wash your hands for 20 seconds.

3. Wear gloves if at all possible. If not, sanitize what you touch before you touch it. Plastic bags can be used as a glove in a pinch. Filling up your gas tank, touching touchscreens, handing someone your credit card to pay for items and receiving it back, handling money and most importantly, pushing a shopping cart without sanitizing the handle first. Hydrogen Peroxide or a 5% mixture of bleach with water will disinfect the virus. (Make sure the bleach is not the “spilless” type. It does not disinfect)

While there are many more things you can do to prevent the spread of the virus, these are the most important according to every scientific study you will find online. We have been posting Hampton Covid-19 Emergency Resource messages on Facebook (Hampton Covid-19 Emergency Resource Team) and the Nextdoor app in Hampton. For up-to-date information, look to the CDC and State of Connecticut websites, which are found easily by doing an online search.

The bottom line is, if residents refuse to stay home or do not follow the safe guidelines when shopping, the risk of becoming infected can be high. Now is the time to review the CDC guidelines and contact your immediate neighbors to identify their needs and to arrange help should they be in need. If you know of a senior in your neighborhood, make sure to touch base with them and to offer your help should the situation arise and to assist in food shopping. Our entire community depends on how well everyone follows these guidelines and remains at home as much as possible.

STAY SAFE - WASH YOUR HANDS – HELP YOUR NEIGHBORS - STAY HOME!

Allan Cahill
First Selectman