

A MESSAGE FOR HILLSBOROUGH RESIDENTS

Although there are currently NO KNOWN CASES of COVID-19 (Coronavirus) in Hillsborough, we are providing this information to help you stay healthy.

- If you feel ill or display any of the symptoms of the virus, stay home, self isolate, and call your physician for an opinion. Keep as much distance as possible between yourself and other household members.
- If you have a cough, cough into a tissue and dispose of it to avoid contaminating the area around you.
- Wash your hands often it's your best defense. If you cannot wash them, use a sanitizer that is at least 60% alcohol.
- Try to keep a space of 6 feet away from others when at all possible.
- Seniors and anyone who already has a medical condition that weakens their immune system need to be especially cautious. If you go to visit people in these categories, limit your visits and use extra care when you do.
- The Center for Disease Control (CDC) does not recommend use of face masks if you are not ill unless you are in close contact with someone who is.
- As availability dictates, there will be sanitizing gel dispensers in the Town Office and Library - we ask that you use them as you enter.
- Remember that taking precautions protects both ourselves and those around us.

Please sign up for emergency notifications from the State and local officials at [Readynh.gov](https://www.readynh.gov) on the internet, and click on "sign up for emergency alerts" located on the right side of the page.

Go to: **ReadyNH.gov**

