



STATE OF CONNECTICUT  
Department of Social Services &  
Department of Developmental Services



**TO:** Self-Directed Members

**FROM:** Deidre S. Gifford, MD, MPH, Commissioner  
Department of Social Services

Jordan A. Scheff, Commissioner  
Department of Developmental Services

**DATE:** March 19, 2020

**SUBJECT:** Information concerning COVID-19, or the 2019 novel coronavirus

The State of Connecticut Department of Public Health is continuing to report new cases of COVID-19, also known as novel coronavirus, across the State. There is no need to panic. We are providing information below that is important for you to know. This material is also being translated into Spanish and will be available as soon as possible.

- COVID-19 is spread from person to person through droplets in the air. Someone can become infected by touching an infected surface and then touching their mouth, nose or eyes. The Centers for Disease Control and Prevention currently estimate that the incubation period for COVID-19 ranges from 2-14 days. Symptoms may include fever, cough and shortness of breath, although some people may not have any symptoms.
- You can help prevent the spread of the disease at home and at work by:
  - washing your hands often with soap and water and often cleaning frequently touched surfaces;
  - using alcohol-based sanitizers when you cannot wash your hands;
  - avoiding touching your eyes, nose or mouth with your hands;
  - covering your coughs and sneezes with a tissue and dispose of the tissue right away;
  - staying home when you are sick; and
  - getting plenty of rest, drinking fluids, eating healthy foods and managing your stress.
- If you have general questions about COVID-19, **but do not have symptoms**, access the state website at [ct.gov/coronavirus](http://ct.gov/coronavirus) or call 2-1-1 or text “CTCOVID” to 898211.
- **If you have symptoms of COVID-19 and are covered by HUSKY Health.**
  - We strongly urge you to contact your primary care provider to seek treatment.
  - If you do not have a primary care provider, please call HUSKY Health at [1.800.859.9889](tel:1.800.859.9889) or access the online provider look-up at the following link:  
[https://www.huskyhealthct.org/provider\\_lookup.html#](https://www.huskyhealthct.org/provider_lookup.html#)
  - If you would like to speak with a nurse about your symptoms, call the HUSKY Health Nurse Helpline at [1.800.859.9889](tel:1.800.859.9889), and follow the prompts to talk to a nurse.
- If you have COVID-19 symptoms, you should wear a mask if you live with others. Your PCA should also use personal protective equipment (PPE) such as a mask and gloves for his or her own personal protection. For more information, review the CDC’s [Infection Prevention and Control Training](#). The administration is pursuing additional supplies of PPE and will advise when they become available.
- If your employee(s) has/have symptoms of COVID-19, he/she/they should stay home and you should use your back-up plan.
- Please try to be flexible with your employee(s) if they have children who are home from school.