

# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH

Renée D. Coleman-Mitchell, MPH  
Commissioner



Ned Lamont  
Governor  
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Lt. Governor

### COVID-19 Coronavirus FAQ for Handling Mail

***Is COVID-19 spread through letters or packages in the mail? Should I be concerned about opening packages or letters that are sent through the US Mail?***

#### **CT DPH Guidance:**

The United States Postal Service (USPS) has issued a definitive statement on COVID-19 coronavirus and the US Mail System. Their statement can be found here: <https://about.usps.com/newsroom/statements/usps-statement-on-coronavirus.htm>.

The statement confirms that the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), and the US Surgeon General have all made clear that there is currently **no evidence that COVID-19 is being spread through the mail**.

The Connecticut Department of Public Health (CT DPH) agrees that following the basic public health precautions that are currently advised by CDC and CT DPH will minimize risk from COVID-19 exposure from handling and opening mail, packages, and similar items. These routine public health precautions include frequent hand washing with soap and water (for a minimum of 20 seconds) or frequent use of commercially-available hand sanitizer, as well as avoiding touching of the face (especially the eyes, nose, and mouth) with unwashed hands.



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