



MARTHA'S VINEYARD HOSPITAL

One Hospital Rd, PO Box 1477, Oak Bluffs, MA 02557

FOR IMMEDIATE RELEASE

Contact:

Katrina Delgadillo
Director of Communications
(508)957-9554
kdelgadillo@parters.org

Martha's Vineyard Community Health and Emergency Management Remind Public of Coronavirus Prevention and General Tips

Oak Bluffs, MA. (March 5, 2020) –Concern around COVID-19 (Novel Coronavirus) is growing within our state and community. We understand and share your concerns but hope this information helps explain the hard work being done across the island to ensure the safety of our community as well as a general reminder for prevention.

Leaders from Martha's Vineyard Hospital, local public health agents, schools, police, EMS & fire departments, Cape Air, Steamship Authority, and Emergency Management Directors across the island have been working extremely hard to ensure that we have the best possible plans, protocols and resources in place to protect our community. We feel confident we have the tools and resources we need to respond effectively in the case of a coronavirus diagnosis on the island.

Community Preparedness

These simple precautions will help prevent the spread of COVID-19, flu and other respiratory illnesses:

- Cover your mouth when you cough or sneeze, using a tissue or the inside of your elbow
- Wash your hands for 20 seconds with soap and warm water frequently and use hand sanitizer
- Avoid touching your face, eyes or mouth with unwashed hands
- Avoid close contact with people who are sick, and keep your distance from others if you are sick
- If you have a fever or feel sick, stay home and call your healthcare provider
- Get the flu vaccine – it is not too late! Find more information on the flu and where to get a flu vaccine here: <https://www.mass.gov/info-details/what-should-i-know-about-flu>

Create an Emergency Plan at Home

Being prepared can help relieve some anxiety about what you will do if you are sick or need to be home for an extended or unexpected period. Below are websites that provide reliable information and tools to help you get started on putting together a personal emergency plan with your family, friends or household:

- [Centers for Disease Control and Prevention](#)
- [American Red Cross](#)
- [Department of Homeland Security](#) for human family members
- [Department of Homeland Security](#) for pets
- [MA Department of Public Health](#)

Please remember that while this virus outbreak is evolving, the best protection from contracting it is by simply washing your hands with soap and water. Washing your hands frequently cannot be emphasized enough. Click [HERE](#) for some Frequently Asked Questions and more information.

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