



## ***Billerica Board of Health***

Town Hall  
365 Boston Road  
Billerica, MA 01821  
Phone: 978-671-0931

Fax 978-671-0919

Web Site [www.town.billerica.ma.us](http://www.town.billerica.ma.us)

Mike Grady, Chairman  
Robert Reader, Vice Chairman  
Sandra Giroux, Secretary  
Marie O'Rourke  
Elizabeth Villar, Ph.D.

Kristel Bennett, Director

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### **Prevent the spread of respiratory diseases like the flu and Coronavirus (COVID-19)**

Using the guidance the Massachusetts Department of Public Health please follow the steps below to prevent the spread of respiratory diseases:

- Wash your hands often with soap and warm water for at least 20 seconds. If hand washing stations are not readily available, clean your hands often with an alcohol based hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Clean surfaces that are frequently touched with cleaning spray or wipes, these surfaces include but are not limited to:
  - o Door knobs, counter tops, hand rails, guard rails, computers (keyboard and mouse), pens
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands
- Stay home if you are sick and avoid close contact with others
- Know Local Public Health Departments are continuously monitoring this situation along with MDPH

For more information and situation updates- visit: [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus).

Interim Guidance for Businesses and Employers:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

CDC video resources:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>