



TOWN OF HINGHAM
Health Department
210 Central Street, Hingham, MA 02043-2762
(781) 741-1466 Fax (781) 740-0239

COVID-19 INFORMATION AND RESOURCES

PRACTICE SOCIAL DISTANCING

- Limit exposure to public areas
- Maintain 6 feet of distance from others
- Wash your hands frequently
- Use at least 60% alcohol-based hand sanitizer
- Clean surfaces regularly
- Avoid touching eyes, nose and mouth
- Call your primary care if you have any symptoms

SYMPTOMS

Reported illnesses range from mild symptoms to severe illness and death for confirmed coronavirus disease (COVID-19) cases. The following symptoms may appear

2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

CREATIVE ACTIVITIES

- Consider virtual visits for both adults and children instead of in-person ones
- Take walks outside that allow for 6 feet between people
- Seek online content for exercise routines or worship services you may have previously done in crowded spaces
- Seek positive outlets for stress relief such as mindfulness, exercise, reading and art

STAY INFORMED

Stay informed through reputable sources, but take breaks from watching, reading, or listening to news stories, including social media.

Facts and knowledge are vitally important, but overconsumption of media can cause overwhelming stress.

AVAILABLE RESOURCES AND ASSISTANCE IF YOU HAVE QUESTIONS ON COVID-19

MA Department of Public Health
Call 2-1-1
www.mass.gov

Centers for Disease Control and Protection (CDC)
www.cdc.gov

Hingham Health Department
781-741-1466
www.hingham-ma.gov/COVID19