

# Connecticut State Department of Public Health

(/DPH)

[CT.gov Home](#) [\(/\)](#) [Department of Public Health](#) [\(/DPH\)](#)

DPH Issues New Public Health Advisory for All CT Residents Amid Rise in COVID-19 Cases

[Press Releases - 2017 \(/DPH/Press-Room/Press-Releases---2017\)](#)



[Press Releases - 2016 \(/DPH/Press-Room/Press-Releases---2016\)](#)



[Press Releases - 2015 \(/DPH/Press-Room/Press-Releases---2015\)](#)



[Press Releases - 2014 \(/DPH/Press-Room/Press-Releases---2014\)](#)



[Press Releases - 2013 \(/DPH/Press-Room/Press-Releases---2013\)](#)



[Press Releases - 2012 \(/DPH/Press-Room/Press-Releases---2012\)](#)



[Press Releases - 2011 \(/DPH/Press-Room/Press-Releases---2011\)](#)



[Press Releases - 2010 \(/DPH/Press-Room/Press-Releases---2010\)](#)



[Press Releases - 2009 \(/DPH/Press-Room/Press-Releases---2009\)](#)



[Press Releases - 2008 \(/DPH/Press-Room/Press-Releases---2008\)](#)



[Press Releases - 2007 \(/DPH/Press-Room/Press-Releases---2007\)](#)



Search Department of Public Health



## Press Releases

11/05/2020

### DPH Issues New Public Health Advisory for All CT Residents Amid Rise in COVID-19 Cases

#### DPH Recommends All CT Residents Limit any Non-Essential Trips Outside the Home Between 10 p.m. and 5 a.m.; High-Risk Individuals Should Take Extra Precautions

The Connecticut Department of Public Health (DPH) today is issuing a statewide public health advisory due to higher COVID-19 case rates across the state. In coordination with [Governor Ned Lamont's Executive order 9K](#), effective at 12:01 a.m. on Friday, November 6, 2020, [DPH Acting](#)

**Commissioner Deidre S. Gifford MD MPH is issuing an advisory for all Connecticut residents to stay home between the hours of 10 p.m. to 5 a.m. in order to reduce the risk of further viral transmission.** The advisory applies to every Connecticut resident, except 1) those who are essential workers who must leave home in order to go to their jobs; and 2) anyone who must leave their home on an emergency basis to seek medical care or to purchase medical supplies, food or groceries.

Since September 20<sup>th</sup>, the number of new cases over a 14-day period in Connecticut has increased nearly 3-fold with 6,895 new cases reported during the period of October 18–November 1, 2020 compared to 2,537 cases reported during September 20–October 4. The average daily case rate for COVID-19 has climbed during the same period from 5.1 per 100,000 population to 14 per 100,000. In addition, at least 70% of Connecticut's population now lives in either a red alert or orange alert community for COVID-19 infection. Hospitalizations for COVID-19 have increased from 68 on September 20<sup>th</sup> to 329 on October 29<sup>th</sup>, representing an increase of 483%.

Specifically, the Public Health Advisory recommends but does not mandate that:

- 1. Those over age 60, and anyone with a chronic disease or obesity who are at higher risk for complications of COVID-19 take extra precautions and limit non-essential trips outside your home;**
- 2. Employers allow work-from-home as much as possible;**
- 3. Non-essential social or community gatherings of any size for any reason (e.g., parties, community meetings, celebrations or other social events) end by 9:30 pm or otherwise be canceled or postponed at this time;**
- 4. Everyone maintain at least a six foot distance from those who do not live with you;**
- 5. Everyone wear a mask whenever you leave home and wear a mask INSIDE your home if someone from outside your household is visiting;**
- 6. Everyone clean their hands frequently using soap and water, hand sanitizer, or isopropyl alcohol wipes. Washing hands with soap and water for at least 20 seconds works best. Avoid touching your face; and**
- 7. Families and loved ones should limit visitation to long term care facilities.**

This Public Health Advisory shall remain in effect until COVID-19 disease trends move in a more positive direction statewide and in accordance with future governor executive orders or commissioner orders as needed.