



COVID-19 is very active in our communities. Today's positives indicate worsening community spread. Citizens should be practicing protective measures including:

- ✓ Avoid large crowds
- ✓ Maintain 6 feet or more distance from others
- ✓ Wear a mask if social distancing is not possible
- ✓ Stay home and limit contact with others if you have any of the following symptoms of COVID-19:

- Fever or chills
 - Cough
- Shortness of breath or difficulty breathing
 - Fatigue
- Muscle or body aches
 - Headache
- New loss of taste or smell
 - Sore throat
- Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Positive cases are told to self-isolate until released from our Public Health Nurses. Close contacts identified from our investigations will be contacted and also need to self-isolate and monitor for symptoms for 14 days after last exposure to the positive case.

Our list of positives and close-contacts is currently increasing exponentially. This is putting the health and lives of others at risk, putting people out of work, and leaving businesses short staffed.

We cannot successfully continue economic recovery or protect the health and lives of our citizens if Public Health guidelines are not followed and spread throughout our county continues.