

CITIZENS OF QUANAH, CHILLICOTHE, AND HARDEMAN COUNTY,

there are currently no confirmed cases of coronavirus (COVID 19) being reported in the City or County, but with any developing situation that can change. There are confirmed cases around our area to include Altus and Lawton. The nation is trying to prevent the spread of this highly contagious virus and we encourage each of you to look at the following websites for up to date information.

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Texas Health and Human Services:

<https://www.dshs.state.tx.us/coronavirus/>

Medicaid:

<https://www.medicaid.gov/state-resource-center/disaster-responsetoolkit/covid19/index.html>

Right now, the country is trying to delay transmissions as to not overwhelm hospitals and health care professionals. Here are a few things we can do to help prevent the spread.

- *Wash hands often for 20 seconds and encourage others to do the same.
- *If no soap and water are available, use hand sanitizer with at least 60% alcohol.
- *Cover coughs and sneezes with a tissue, then throw the tissue away.
- *Avoid touching your eyes, nose, and mouth with unwashed hands.
- *Disinfect surfaces, buttons, handles, knobs, and other places touched often.
- *We encourage you to forego shaking hands, but a smile, nod or wave is always welcome.

If you are sick:

- *Avoid close contact with people who are sick.
- *People 65 years or older, and/or people with medical issues, like heart disease, diabetes, high blood pressure, cancer, or a weakened immune system, are at a higher risk for getting very sick from COVID 19.
- *If you are not sick enough to be hospitalized, you can recover at home. Follow your doctor's instructions and refer to CDC recommendations for care at home.
- *If you plan to visit the hospital emergency room or to go to the hospital, please call first so you can be screened for the possibility that you are sick from the COVID-19 virus. This will allow the hospital or emergency room to be prepared to provide the specialized treatment that you might need and to protect others from possible infection.

General Population:

*If you are in generally good health and have mild symptoms, stay home and take care of yourself like you would for a cold or the flu.

*If symptoms worsen, call your doctor.

In closing, these are difficult times for the world, our nation, and our community. We encourage all of you to pray that this situation is resolved quickly. We are monitoring the situation and will relay information as it becomes available.

God Bless,

Ronald Ingram
Hardeman County Judge

Dale Eaton
Quanah Mayor

Cathy Young
Chillicothe Mayor