



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

## **Important Steps to Slow the Spread in Sedgwick County**

Sterling, Colo. – July 21, 2020: The Northeast Colorado Health Department (NCHD) has been working closely with the Sedgwick County Board of County Commissioners, Emergency Manager and Sedgwick County Memorial Hospital in response to the recent positive COVID-19 cases within the County.

While Covid-19 is still a relatively new virus that scientists are continuing to learn about, we do know it is transmitted through person-to-person contact from respiratory droplets created as an infected person coughs, sneezes or even while they are just talking. Another critical recent finding is almost half of the people who have contracted and spreading this disease are asymptomatic for up to 3-7 days prior to experiencing any symptoms or may only have very minor symptoms, therefore unknowingly transferring the virus. As we have learned more, it has become clear that wearing masks, social distancing and good hygiene are helping to prevent infection.

“It is important to be mindful of ways in which we can limit the potential spread of this virus,” said Trish McClain, Director of NCHD. “This is really accomplished by using barriers such as face coverings and maintaining at least 6 feet of distance from other people and by washing your hands as well as cleaning surfaces.”

If you believe you have been exposed, please self-quarantine for 14 days. If you develop any flu-like or cold symptoms, self-isolate and contact your primary care provider. Call ahead so they can make appropriate accommodations.

“Sedgwick County has been blessed with no positive cases until recently. We have an approved variance for the Safer-At-Home Public Health Order that allows us additional flexibility, but in order to keep the variance it will take everyone in Sedgwick County doing their part,” stated the Sedgwick County Board of Commissioners. “We are encouraging people to continue practicing social distancing, wearing face coverings, washing their hands and staying home when you are sick.”

None of these things are 100% effective by themselves but by being diligent about all, we are able to actively reduce potential exposures and diminish the spread of this virus in our communities, while still being able to take advantage of more normal daily activities. Ultimately, social distancing, wearing face coverings in public settings, and good hand hygiene are powerful tools to help prevent infection. By using these tools consistently, we can continue to enjoy more of a “normal” existence while still protecting our families, friends, and neighbors.

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