

Bowie County would like our residents to know that we take their health seriously. With the help of local and state officials, Bowie County is monitoring the latest news about the COVID-19 (Coronavirus) and have been in close contact with representatives from our County and both sides of the state line, health care providers, local first responders and education entities. The purpose of this message is to highlight prevention measures and to provide more sources of information. Following is some information to help protect you:

1. Practice excellent personal hygiene habits, including handwashing, coughing into tissue or elbow, avoid touching eyes, nose, or mouth. Regularly clean “high-touch” surfaces like doorknobs, light switches, table tops, etc.

2. Stay away from people who are ill, especially if you are 60 and older or have underlying health conditions such as diabetes, heart disease, lung disease, or a weakened immune system.

3. Avoid mass gatherings

4. Stay home when sick. Work from home if possible especially if you are sick or others may be sick at your workplace. If you think you’ve been exposed, protect your family, neighbors and others and self-isolate.

5. Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first. If you think you have the corona virus, contact your doctor on the phone prior to arrival at the doctor’s office.

6. Stay informed. Use the following

sites. <https://www.dshs.state.tx.us/coronavirus/>, [www.mynethealth.org/.../public-emergency-prepared.../coronavirus](http://www.mynethealth.org/.../public-emergency-prepared.../coronavirus), <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Some people may have the corona virus for only a day or two, completely recover and never even know what it was. While this is a serious issue, don’t become fearful. Please use the guidelines above and treat this as if you’re avoiding the flu. Even if you have some of the identified symptoms (fever, cough, shortness of breath) but have no known exposure (like travel to China or contact with an infected person) you are likely not a candidate even to be tested.

Bowie County and cooperating agencies will continue to closely monitor this issue. If an outbreak occurs we will respond as necessary to protect our residents. Right now, we are asking everyone to use good judgement and help us prevent this from occurring.