

Marshall County Health Department would like to assure the community that we are monitoring the current situation and development of illness across the State regarding Covid-19. Information has been disseminated locally to a variety of organizations. MCHD has been involved in webinars from the Indiana State Department of Health, CDC and the White House. Dr. Holm our Medical Officer, Clyde Avery, Marshall County Emergency Management and I have been involved in meetings with key community stakeholders. MCHD is keeping current on all developments daily. The virus does spread via the respiratory system. We are asking community members to do the following:

1. Stay home if you exhibit signs and symptoms of being ill.
2. Clean and disinfect high touch areas.
3. Wash your hands for 20 seconds or more with soap and water.
4. Keep your hands away from your eyes, nose and mouth. Cough in your elbow.
5. Keep away from ill people. Utilize social distancing of 6 ft or more.
6. Do not visit long term care facilities if you are ill.
7. Avoid travel to areas that have been identified as a Level 2 or Level 3 alert areas.
8. Avoid close contact with a known Covid-19 confirmed case.
9. Call ahead to your provider if you have flu like symptoms. They want to care for you and will give you instructions prior to your appointment.

Symptoms of COVID-19:

- Fever
- Cough
- Difficulty breathing or shortness of breath

In 80% of patients, COVID-19 causes only mild cold symptoms. The elderly, and those with pre-existing medical conditions appear to be more vulnerable to the virus.

We encourage the community to visit the ISDH or the CDC links below for up to date information on Covid-19.

<https://www.in.gov/isdh/28470.htm>

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

MCHD will continue to keep the community's health at the forefront.

Lisa Letsinger RN, Marshall County Public Health Nurse

