

FOR IMMEDIATE RELEASE
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WHY YOU MUST STAY AT HOME

Now is a critical time in our ability to control the spread of COVID-19. What YOU do now will affect the success of these efforts to control the virus and prevent severe illness and death. What YOU do now will determine the severity of the economic impact this disease will have on Elkhart County. What YOU do now will determine how long we must use social distancing and other personal restrictions. The more completely people follow the restrictions and stay home, the quicker the disease will be brought under control.

To reiterate, COVID-19 is spread by person-to-person transmission through respiratory droplets. You send respiratory droplets into the environment via saliva and mucus through your breathing, talking, singing, sweating, sneezing, coughing, etc. This is why physical distancing is so important. We all must stay 6 feet away from others. This is also why we have so much emphasis on hygiene—washing hands, covering coughs, staying home when ill, etc. It's all to prevent the spread of the virus.

We have had complaints about pick-up games of basketball, church services, and non-essential workers being required to work. To explain why others find this concerning; at basketball games, you sweat and spread the virus, at church services you sing and spread the virus, when non-essential workers touch surfaces that others have touched and they spread the virus. This means you must stay at home! You can control your environment at home. You can ensure you are not spreading the virus or allowing those who potentially have it, come into your home. You can clean and disinfect your environment.

As we have said many times and will continue to say, the best way to protect yourself from any respiratory illness, including COVID-19 is to:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with 60% or higher alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Practice social distancing (no group functions such as book clubs, meetings, and or congregations of 10 or more)
- Stay home unless you need to go somewhere.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

We will continue to provide updates as changes occur. Please follow our Facebook page at Elkhart County Health Department Health Education Division www.facebook.com/healtheducation.echd, www.elkhartcountyhealth.org, or go to the Indiana State Department of Health's website at www.isdh.in.gov/coronavirus for up-to-date information on COVID-19.

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