

*It's  
because  
we care!*

## EMMONS COUNTY PUBLIC HEALTH

118 E Spruce Ave  
PO Box 636  
Linton ND 58552  
Phone: (701)254-4027  
Fax: (701)254-4057  
E-mail: [bvoller@nd.gov](mailto:bvoller@nd.gov)



### **For Immediate Release**

March 19, 2020

### **Media Contact**

Bev Voller

ECPH Executive Officer

(701) 254-4027

[bvoller@nd.gov](mailto:bvoller@nd.gov)

## **Emmons County Public Health Encouraging Citizens to Prepare for COVID-19 with Facts, Not Fear**

LINTON, ND – Emmons County Public Health is reminding the public that now, more than ever, it is important to practice social distancing and hygiene measures intended to contain the spread of COVID-19.

As of March 19, there were no confirmed cases of COVID-19 in Emmons County. However, Burleigh County, which shares a border with Emmons County, reported having a total of nine cases of COVID-19 on May 19. Cases have also been reported in Cass, Ward and Morton Counties.

“We want our citizens to not only be aware COVID-19 may already be in our community, but that there are steps they can take to help keep themselves as safe as possible,” said Bev Voller, Emmons County Public Health Executive Officer. “We are also reminding individuals and families to be mindful as they purchase supplies. We want you to be prepared, but there is also no need for unrealistic stockpiling.”

President Donald Trump released coronavirus guidelines for the nation entitled, “15 Days to Slow the Spread” on March 16. These guidelines are intended to flatten the curve of increasing COVID-19 cases throughout the country:

- Listen to, and follow, the directions of your state and local authorities.
- If you feel sick, stay home. Do not go to work. Contact your medical provider.
- If your children are sick, keep them at home. Do not send them to school. Contact your medical provider.
- If someone in your household has tested positive for coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

- If you are an older person, stay home and away from other people.
- If you are a person with a serious underlying health condition that can put you at an increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

Even if you are young, or otherwise healthy, you may be at risk and your activities may put other individuals at risk. It is critical that you do your part to slow the spread of coronavirus:

- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants and food courts – Use drive-through, pickup or delivery options.
- Work or engage in schooling from home whenever possible.
- Avoid discretionary travel, shopping trips and social visits.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.
- If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

Practicing good hygiene is critical to help keep you safe:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face, especially your eyes, nose and mouth.
- Sneeze or cough into a tissue, or in the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

The COVID-19 pandemic and the health response to it are constantly evolving, and things are changing on a daily basis. The Center for Disease Control, as well as the North Dakota Department of Health have developed a wealth of knowledge online, with topics serving a variety of audiences and need. Visit [www.cdc.gov](http://www.cdc.gov) and [www.health.nd.gov](http://www.health.nd.gov) for more information.

###