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EMMONS COUNTY PUBLIC HEALTH

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News Release

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Attached Artwork:

None

Emmons County Public Health Recommends Social Distancing, Personal Hygiene Following County's First Confirmed COVID-19 Case

[LINTON, ND] – Emmons County Public Health is encouraging residents to make decisions based on facts and not fear following the announcement of the first confirmed COVID-19 case in Emmons County.

Emmons County's first COVID-19 case is a male in his 70s, who has been hospitalized. The State Health Department considers the case to be due to community spread as the individual did not have a history of travel, nor contact with a person who has been confirmed to have COVID-19. Emmons County Public Health, along with Linton Hospital and Clinic, and the North Dakota Department of Health are conducting contact tracing investigations.

"At the national, state and regional levels there are many individuals and families who all doing our part to stop the spread of this disease," said Emmons County Public Health Executive Officer Bev Voller. "Now we need everyone to be doing their part at home in Emmons County. Community transmission is something we expected would happen, and we are prepared to monitor and address the situation, moving forward."

Additional steps every individual can incorporate into their lives to slow the spread of COVID-19 include the following:

- Wash your hands frequently with soap. In the absence of soap, use a hand sanitizer with at least 60% alcohol content.
- Avoid touching your T-Zone (eyes, nose and mouth).
- Practice physical distancing. Avoid social gatherings and groups of more than 10 people. Avoid eating and drinking in bars, restaurants and food courts. Use drive-through, pickup or delivery options when available.

- Work from home when possible.
- Stay home when you are sick. Call your healthcare provider if you develop fever, cough or shortness of breath.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. In the absence of a tissue, cough or sneeze into your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Stay away from individuals who are sick. Limit close contact (about six feet) with others as much as possible.

“It is our hope this confirmed case doesn’t change your day-to-day approach to personal safety because you are already utilizing these steps to help keep yourself, your family and your neighbors safe,” said Voller. “However, if you had been ignoring these recommendations, or believing COVID-19 couldn’t happen here, it is here. We will all work together to get through this. But we need your help in taking this pandemic seriously.”

For ongoing response to the COVID-19 pandemic, the North Dakota Department of Health has established a COVID-19 Hotline to help answer questions. You can call (866) 207-2880 from 7 a.m. to 10 p.m., seven days a week. Individuals who need medical advice should contact their health care provider.

A COVID-19 Risk Assessment has been created on the North Dakota Department of Health website at https://forms.office.com/Pages/ResponsePage.aspx?id=ZATqLVHaiEq64rPbILwMVLVJcuxydS5li_MFy3BzOwIUOEU0STNZQIJKMzNSWIhXTkJCUIpZVUILOC4u. A COVID-19 travel survey has been established on the North Dakota Department of Health website at https://ndhealth.co1.qualtrics.com/jfe/form/SV_eb7sJjKhR2UfB7n.

For more information about COVID-19, visit Emmons County Public Health online at www.emmonsnd.com/public-health.html, follow them on social media at <https://www.facebook.com/ECPH.gov> or call (701) 254-4027.

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