

LETTER TO THE PUBLIC FROM THE WHITE COUNTY DEPARTMENT OF HEALTH

November 11, 2020

Thank you to those who have already been doing their part to lessen the effect of the COVID-19 pandemic in our community. As our nation continues to feel the strain of this pandemic, we have also seen rising numbers of cases of the COVID-19 infection documented in White County over the past few weeks.

We want to remind the community that the pandemic is ongoing. Our continued diligence with precautions can and will decrease the negative effects on our community. This is the responsibility of each one of us. Freedom and personal responsibility go together. None of us can disregard the potential harm our actions could cause to others.

- Consider those in our community who have already been adversely affected by this pandemic: The mental health strain from social isolation.
- Children missing school, educational opportunities, and fun extracurricular activities.
- Absences from work, causing financial hardships for employees and businesses.
- Emergency Room visits and hospital stays, causing more financial strain.
- The strain on our public health servants.
- The strain on the healthcare systems.
- Members of our community who may be undergoing cancer treatments which have been delayed, or which have left their immune system suppressed placing them at high risk of death from the virus.
- Those who could not be with loved ones who are in a hospital or long-term care facility.
- Members of our own community who may have died without the ability to have their family at the bedside.

...and many more.

Please consider others:

- Wear a mask when in public; especially in buildings, unless you are eating. Practice social distancing.
- Wash your hands often with soap and water, for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact (within 6 feet) of those who are sick, if possible.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.
- Avoid unnecessary public and social gatherings.

- Use drive-through, carry-out, or curbside service when able.
- Cancel unnecessary social events.

We must all do our part to “Stop the Spread”.

The Indiana State Department of Health (ISDH) and the CDC (Centers for Disease Control and Prevention) both have websites with extensive information regarding the COVID-19 pandemic and updates as they become available.

There you can find information such as the appropriate use of masks, how to prevent spread of the virus, signs & symptoms, when to get tested, when & how to quarantine or isolate, travel, businesses, community organizations, who is at higher risk for serious complications of the virus, etc.

If you have been exposed, go to these websites for information on whether you should quarantine, and for how long.

If you have tested positive for the virus, contact your physician, and also go to the website for information on how long to isolate, and how to know when it is safe to be back in the public or around others.

ISDH website - <https://www.coronavirus.in.gov>
CDC website- <https://www.cdc.gov/coronavirus>

None of us want to cause suffering to others.

It may be inconvenient, but it is not complicated. We must continue to be diligent with the necessary precautions. We cannot become careless now, when a vaccination is just around the corner. The Indiana Department of Health and county Health Departments are working on a plan to make the COVID-19 vaccination available to everyone in a safe and timely manner when it becomes available.

Thank you!

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