



March 17, 2020

***UPDATED* Public Health Recommendations for the Control of COVID-19 in Hampshire County**

The Hampshire County Health Department is advising all Hampshire County citizens to follow The President's Coronavirus Guidelines For America.

- If you or your children feel sick, stay home. Call your medical provider.
- If you are an older person or someone with a serious underlying health condition, stay home and away from other people.
- Everyone should avoid social gatherings in groups of more than **10** people.
- Everyone should avoid eating or drinking at bars, restaurants, and food courts. Use drive-thru, pick-up or delivery options.
- Work from home if that is possible.
- Everyone should avoid unnecessary travel, shopping trips, and social visits.
- Everyone should not visit nursing homes, retirement homes, or long-term care facilities unless to provide critical assistance.
- Everyone should continue to practice good hygiene. Wash your hands frequently, avoid touching your face, sneeze or cough into a tissue or your elbow, and disinfect surfaces frequently.

It is important that even young, healthy individuals follow these guidelines. If you increase the risk of spreading the virus, you increase the risk to all others. We need all Hampshire County citizens doing their part to slow the spread of the virus. Thank you for your patience and compliance during this difficult time.

As this guidance changes, we will update the community through normal communication methods.

For the most up-to-date information, please visit <https://dhhr.wv.gov/COVID-19/Pages/default.aspx>.

Regards,

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