

Brady/McCulloch County Local Emergency Planning Committee

City of Brady · McCulloch County · Heart of Texas Healthcare Systems · Brady West Nursing and Rehab

Brady Police Department · McCulloch County Sheriff's Office · Brady Fire/EMS · Area VFDs

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PUBLIC HEALTH WARNING

FOR IMMEDIATE RELEASE

Tuesday, April 14, 2020

To date, there are still just three confirmed cases of COVID-19 in McCulloch County. However, due to daily changes that continue to appear from COVID-19, Dr. Lonnie Vickers is issuing a public health warning to McCulloch County. As this virus continues to spread through our community, country and the state of Texas, we are taking steps toward community mitigation. Community mitigation is a set of actions that persons and communities can take to help slow the spread of respiratory virus infections. The goals for using mitigation strategies in communities with local COVID-19 transmission are to slow the transmission of disease and in particular to protect:

- Individuals at increased risk for severe illness, including older adults and persons of any age with underlying health conditions
- The healthcare and critical infrastructure workforces

Because of this, Dr. Vickers and the McCulloch County LEPC are recommending the following actions:

1. If you've been in close contact with an individual that you know has tested positive for COVID-19, you should self-quarantine for 14 days. Close contact is defined as being within 6 feet of an infected individual for a prolonged period of time (greater than 15 minutes). Self-quarantine means avoiding leaving your residence unless absolutely necessary (visiting your healthcare provider).
2. If you are symptomatic, DO NOT visit your healthcare provider. Instead, call them first. Clinics can be reached Monday-Friday, 8am-5pm. If it is after hours, call the Emergency Department or 911. Do not travel to the emergency room without calling in advance if you are symptomatic.
3. It is recommended by the Center for Disease Control that you wear a facial mask when outside your home for essential business and activities.
4. Only one person from each household should be traveling outside the home to conduct essential business and activities. If you have young children that would need to travel with you, first check to see if there are any family, friends or organizations that will or can take care of the essential business or activity for you. DO NOT take your entire family with you to the grocery store.
5. Continue to practice CDC guidelines to prevent the spread of COVID-19:
 - Cooperate with authorities: follow quarantines and other public health mandates.
 - Practice social distancing at all times.
 - Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that

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contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Sneeze or cough into a tissue, or the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands or use hand sanitizer.
- Disinfect frequently used items and surfaces as much as possible.

The City of Brady, McCulloch County, Heart of Texas Healthcare System, Texas Department of State and Health Services, and the Center for Disease Control and Prevention are closely working together to provide the community with the best health practices.

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