Monroe County Health Department

Monroe County, Indiana

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FOR IMMEDIATE RELEASE
June 4, 2020

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Covid-19 Prevention Strategies Can Save Lives Says Health Officer

BLOOMINGTON – As the community continues to reopen, Monroe County Health Commissioner, Dr. Thomas Sharp, urges residents to use Covid-19 prevention strategies, such as wearing face coverings and social distancing.

"The importance of wearing a face covering and maintaining social distance multiplies as we progress through the stages of Back On Track Indiana and expand the number of people that can meet as a group. The larger the group grows, the higher the risk that someone in the crowd is infected with the novel coronavirus."

Covid-19 is primarily spread person to person through respiratory droplets and can spread when people are interacting in close proximity – talking, sneezing or coughing, even if no one is showing symptoms. Maintaining a social distance space between yourself and others allows the droplets to fall without harm.

Dr. Sharp says people should wear face coverings when they can't maintain social distance when outside of their home. According to the Centers for Disease Control and Prevention, (CDC) wearing voluntary face coverings helps protect against the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

"No matter who you are with or how big the size of the crowd, please wear a face covering. It will save lives", says Dr. Sharp

Safety Tips to Remember for Covid-19 Prevention:

- *Use social distancing and keep 6 foot between you and others*
- *Wear a face covering when not able to maintain social distance*
- *Cover your coughs and sneezes.*
- *Clean your hands often with soap and water or use hand sanitizer*
- *Avoid touching eyes, nose and mouth with unwashed hands*
- *Clean all "high touch" surfaces and objects daily*

- *Monitor your health and stay home when sick.*

For more information, visit the Monroe County webpage at www.co.monroe.in.us/HealthDepartment and its Facebook page. Up to date information on Indiana cornonavirus cases can also be found at ISDH at https://www.in.gov/coronavirus/.

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