

Medina County Health Unit  
Coronavirus Update

3/16/2020

To county employees,

In the past few days our nation has stepped up public health measures that have been unprecedented. We have seen school closures, stock piling, and social distancing has now become the new buzzword. No identified cases in Medina County as of yet.

Here are some key things that we need to be doing to slow the spread of the coronavirus in our community. Now that we are adding in social distancing, county workers are still coming to work but taking precautions.

Simple but very important things to do:

- Keep calm.
- Wash your hands for 20 seconds with soap and water or use hand sanitizer. Post handwashing signs where needed.
- Do not touch your face this is sometimes hard to remember.
- Clean commonly touched surfaces often. In your offices, clean door knobs, computers, phones, cell phones and pens. Just think of anything that is frequently touched. Put hand sanitizer in common areas. Put someone in charge of your office to clean surfaces so it gets done. Everybody's work place looks a little different and every person is responsible to carry out prevention measures.
- Stay home if you're sick with flu-like symptoms (fever, cough, respiratory symptoms, body aches).
- No shaking hands. Everybody pretty much understands why we need to stop doing this right now but maybe if I say it, it will take the pressure off of you.
- Schools are out right now and I want to remind everyone that your children need to stay home and not be out at the movies or at the malls. They are home for a reason.

- Consider when you are not at work what you can do to maintain distance from others. Just being aware of your surroundings and staying away from big groups and gatherings. CDC has recommended no more than 50 people at a gathering. CDC defines social distancing as remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6 feet) from others when possible.
- Protect our healthcare system by not going to the ER unless it is emergent. Call ahead to your doctor's office if you have flu like symptoms and you feel you may have been in contact with someone with COVID-19.
- Consider those around you and those over 65 or with medical issues who we really don't want to get sick. Nursing homes have strict guidelines for visitors right now and they are taking strict infection control measures. Let's please do the right thing and stay away from nursing homes.
- Take care of the elderly around you and those with medical needs. Make sure they have supplies and medications so they don't have to go out and get them.
- If you have kids or if you are grandparents of kids, remember to talk to them and listen to what they have to say. They need to voice their feelings and they need to understand what's going on and not be scared.
- No need to overwhelm the stores, get a little extra each time you go and you'll have a stock.

Thank you for your cooperation and all that you're doing. I don't think anyone is sitting back right now, we're trying to do the right thing. I'm getting questions about drive-through testing in our county. At this time, I have not received information on when this will happen. San Antonio has drive-through testing but it has been limited to healthcare workers and first responders. Information is rapidly changing. Let's do what we can now to get back to our lives quicker.

If we take measures now, we will look back later and not regret it.

Tricia Mechler,  
Medina County Health Unit Director