



PRESS RELEASE

7/09/2021

### **Reminders to Stop the Spread of COVID-19**

The Cheyenne County Health Department would like to remind community members to continue to practice good hygiene to decrease the spread of COVID-19. Please continue being vigilant about watching your distance and washing your hands among other preventative hygiene measures to limit the spread of the COVID-19 in our community. Please limit the handshakes and close contact with other persons as much as possible.

Additionally, it continues to be important to get tested for COVID-19 should an individual begin exhibiting symptoms related to COVID-19 or encounter a confirmed positive case. Testing continues to be available through the Cheyenne County Clinic. Please call the clinic at 785-332-2682 for a drive-up testing appointment to be conducted on the west side of the clinic building.

If you are sick with COVID-19 or think you might have it, take steps to help protect other people from getting sick:

1. Stay home except to get medical care. Call your healthcare provider before visiting.
2. Separate yourself from others who live with you.
3. Wear a mask to protect others.
4. Cover your coughs and sneezes with a tissue and clean your hands right away.
5. Avoid sharing items with other people in your home. This includes things like towels and bedding. Be sure dishes are washed in hot water or the dishwasher before anyone else uses them.
6. Stay aware of how you feel. If you start to have difficulty breathing or if you are worried about your health, call your healthcare provider.

As a community, we need to do what we can to limit the spread of the virus. For more information about COVID-19 and/or to schedule an appointment for a COVID-19 vaccine, please contact the Cheyenne County Health Department at 785-332-2381.