

Richardson County Health Board meets

**(KLZA)-- The Richardson County Board of Health met last week to discuss the Coronavirus 19 pandemic.**

**Sheriff Rick Hardesty is the Chairman of the Board of Health. Representatives of Falls City, Humboldt, Community Medical Center, Emergency Management, County Commissioners and County Ambulance Squads were in attendance along with Grant Bergmann with the Southeast District Health Department.**

**Representatives of the Coronavirus Community Planning Team said their group feels the best way to self-isolate is for people to stay home. They have been focusing on prevention and control of the spread of the virus.**

**The County Health Board is strongly encouraging everyone to practice simple tasks to help ward off the virus.**

**They include avoiding close contact with people who are sick.**

**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**

**Avoid touching your eyes, nose and mouth.**

**Clean and disinfect frequently touched objects and surfaces.**

**Stay home when you are sick, except to get medical care**

**Wash your hands often with soap and water for at least 20 seconds.**

**If you develop symptoms such as fever, cough or shortness of breath, or have been in close contact with a person known to have COVID-19 please call your doctors office and report your symptoms to avoid spreading illness.**

**The Health Board's biggest concern for Richardson County were community events with large crowds that occurred the previous week.**

**If Richardson County can get through the next two weeks without any cases it will be an encouraging sign. Symptoms of the COVID-19 virus may take 2 – 14 days to appear after exposure.**

**Testing for the virus is limited in Richardson County at the present time and medical facilities will not do tests unless there is suspicion the patient may have been exposed or hospitalized with significant symptoms.**

**Concerns about how the spread of the virus could overwhelm the medical staffing and facilities in Richardson County were discussed. It was reported that if necessary, Community Medical Center is set-up to put into place a tent triage in the parking lot.**

**If you get sick, you are urged to call in to your doctors office and provide them a list of your symptoms. The recommendation is self-isolation and you are advised to stay home and be monitored from there.**

**The Health Board will meet again in the next few days to continue to plan, and make preparations to prepare for a peak to care for those affected with the virus if needed.**

Many Signals Communications