



**Public Health**  
Prevent. Promote. Protect.

**Cole County**  
Health Department

## **FOR IMMEDIATE RELEASE – July 16, 2020**

COLE COUNTY, MO – At this time, 77% of the positive COVID-19 cases in Cole County can be traced back to travel and/or contact to a known case.

The Cole County Health Department is recommending that everyone reconsider traveling to an area of high risk. If you must travel, take precautionary measures to reduce risk.

- Wash hands often with soap and water for at least 20 seconds, especially before eating. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth/nose with a tissue, elbow or sleeve when coughing or sneezing.
- Adhere to all social distancing requirements and do not be within six (6) feet of others for more than fifteen (15) minutes. Wear a face covering when close contact cannot be avoided.
- Upon return from travel, stay home or maintain social distance for fourteen (14) days and/or wear a face covering when around others outside of your household.

Individuals who are sick, or have close contact with someone who is sick, should stay home. Within your household, continue to practice precautionary measures to prevent the spread of your virus to other members of your household.

- Wash hands often with soap and water for at least 20 seconds, especially before eating. If not available, use hand sanitizer.
- Cover your mouth/nose with a tissue, elbow or sleeve when coughing or sneezing.
- Do not share food or drinks.
- Avoid unnecessary close contact or consider wearing a face covering.

It is recommended that face coverings be worn when in contact with someone outside of your household within six (6) feet for more than 15 minutes. Cloth face coverings offer some degree of protection against large infectious droplets, such as mucus or saliva, when speaking, sneezing, or coughing. This particularly protects those around the person wearing the face covering and helps people who may have the virus and do not know it from transmitting it to others. Cloth face coverings are not considered an acceptable substitute for social distancing. Interactions within six (6) feet of a positive case for more than fifteen (15) minutes will be considered exposure regardless if either person is wearing a cloth face covering.

Cloth face coverings should be washed after each use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering. For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

As this situation changes, the Cole County Health Department will be sending out additional information. If you have questions, please consult a factual source, such as <http://www.CDC.gov> or [www.health.mo.gov/coronavirus](http://www.health.mo.gov/coronavirus). The community can also call the Cole County Health Department at (573) 636-2181, or MDHSS 24-hour hotline (877) 435-8411 to address questions or concerns related to COVID-19.