



COVID-19 Health Advisory Issued

COVID-19 Health Advisory Issued: November 19, 2020

Hamilton County is experiencing exponential growth in the number of COVID-19 cases. Positivity rate has climbed above 10 percent and hospital staff and physical facilities are becoming taxed beyond capacity. It is more important than ever to follow guidance from local, state, and federal officials on how to stop and slow the spread of COVID-19.

As such, Hamilton County Public Health urges all County residents to implement the following steps to prevent the spread of the virus, protect the lives of you and your loved ones, and preserve our acute and other healthcare services and capacity.

- Stay at home to the greatest extent possible. Only leave home for work, school or essential needs, such as food or medical care.
- Observe the state-wide curfew, issued November 19, from 10 p.m. – 5 a.m. daily.
- Limit exposure in your home. Only immediate household members should be allowed in. Re-think your holiday plans to eliminate gatherings.
- Continue to follow all health orders and advisories, such as wear a mask, maintain at least six feet of distance from others; wash hands frequently and stay home when you are ill.
- All gatherings should be limited to 10 or fewer. This includes both inside and outside of your home.
- If you have symptoms of COVID-19, including but not limited to new onset of fever, cough, shortness of breath, congestion or runny nose, sore throat, new loss of taste or smell, body aches, or unusual fatigue, isolate and call your primary care provider for next steps.
- If you have been diagnosed with COVID-19, you must isolate for 10 days from the date of symptom onset, or from the date of test collection (until you are not experiencing symptoms). In the home, sick or infected individuals should separate themselves from others by staying in a specific “sick room” or area, and use a separate bathroom, if available. Don’t wait to hear from your health department – begin these steps immediately.

- Residents who have been identified as a contact to an individual diagnosed with COVID-19 should quarantine for one full incubation period (14 days) from the date of last contact. Individuals in quarantine should stay home, separate from others, monitor their health, and follow all instructions from Hamilton County Public Health.
- Employers are strongly encouraged to accommodate remote working arrangements for as many employees as possible.
- Visit <https://www.hamiltoncountyhealth.org> for COVID-19 information and guidance.

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