## FRIO COUNTY REPORTS TWO NEW CASES OF COVID-19

Frio County is reporting the second and third cases of COVID-19, the disease caused by the new coronavirus, at the South Texas Detention Complex in Frio County. The individuals are currently experiencing mild symptoms and are isolated from others. The Texas Department of State Health Services (DSHS) is supporting the facility to ensure all appropriate infection control procedures are in place to limit the spread of the virus. DSHS is also helping to identify any close contacts of the patients so they can be isolated, monitored for symptoms, and quickly tested, if needed.

Given the increases in community spread throughout the United States, all individuals are at some risk of exposures to COVID-19. Everyone should monitor themselves for symptoms of COVID-19, practice social distancing, and stay home if they become sick, except to seek necessary medical care.

Public updates will be posted on the county website at <a href="http://frio.co.tx.us/">http://frio.co.tx.us/</a> or our social media pages on Facebook at information becomes available. County officials are diligently working to ensure that proper precautions are taken and public danger is limited.

There are a number of things each of us can do to prevent the further spread of COVID-19:

- 1. Wash your hands thoroughly often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.
- 2. Avoid touching your eyes, nose, and moth with unwashed hands.
- 3. Avoid close contact with others (6 feet).
- 4. Avoid large gatherings of people (10 or more)
- 5. Stay at home if you are able, and especially if you are experiencing symptoms of an illness.
- 6. Conduct all necessary business online or by telephone
- 7. Cover your mouth when you cough or sneeze with a tissue or your elbow, then promptly wash your hands.
- 8. Clean and disinfect frequently used object and surfaces.

Minimizing exposure is especially important for people who are 65 or older or who have an underlying health condition like heart disease, lung disease, diabetes, high blood pressure or cancer. People in those groups have a higher risk of developing severe disease if they do get COVID-19, and the safest thing for them during an outbreak will be to stay home as much as possible and minimize close contact with other people. To get ready, they should talk to their doctor about getting additional prescription medications and have enough household items and groceries on hand to stay home as needed.

The public can find up-to-date coronavirus information at dshs.texas.gov/coronavirus. If you have questions about COVID-19, call 2-1-1.