



Elko County Health Officer

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A message from Elko County Health Officer, Dr. Bryce Putnam,

Though cases have been reported in the state, there are no positives COVID-19 cases in Elko County. This means that we are in a time to prepare, and not be scared. We are implementing steps to protect our community, families, and ourselves.

Background

The international community is experiencing an expanding outbreak of respiratory illness caused by a novel coronavirus (COVID-19). The virus is spreading from person-to-person, and cases have been detected in several countries, including the United States and Nevada.

Currently, the immediate risk to the general public in Nevada is low.

Please remind your community the risk of novel coronavirus is not connected with race, ethnicity, or nationality. Stigma will not help to fight this illness. Sharing accurate information during a time of heightened concern is one of the best things we can do to keep rumors and misinformation from spreading.

What are coronaviruses?

Coronaviruses are a large family of viruses. They usually cause mild respiratory illnesses, such as the common cold. Some coronaviruses have caused more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). COVID-19 is a new coronavirus that had not been seen in humans before December 2019.

How does the novel coronavirus (COVID-19) infection spread?

Experts believe the COVID-19 primarily spreads when an infected person coughs or sneezes. Droplets from a cough or sneeze can travel approximately six feet. Another person can become infected if these droplets enter their mouth, nose, or eyes directly or through contaminated hands. An infected person who coughs or sneezes into their hands and touches surfaces such as phones, tables, door handles, or toys can contaminate them. While some coronaviruses can be spread to others through contaminated surfaces, coronaviruses generally do not survive on surfaces for a prolonged period. It takes 2 to 14 days after a person gets the virus in their body to become ill.

What can I do to prevent COVID-19 infections?

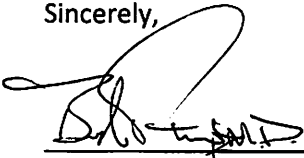
Reduce your risk for getting and spreading viral respiratory infections, including the flu and the common cold, by following the simple steps below.

- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching eyes, nose, or mouth with unwashed hands.

- Avoid contact with people who are sick.
- Stay home while sick and avoid close contact with others.
- Cover mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash hands.

We appreciate your partnership in helping keep our communities healthy. Please stay tuned for more information

Sincerely,

A handwritten signature in black ink, appearing to read "Dr. Bryce Putnam", written over a horizontal line.

Dr. Bryce Putnam
Elko County Health Officer