

## **Dallas County Board of Health**

### **Position Statement: Mitigation during COVID-19**

**WHEREAS**, the novel coronavirus, SARS-CoV-2, also referred to as COVID-19, is a virus that is highly contagious and primarily spreads from person to person and can result in serious illness, long-term negative health impacts or death; and

**WHEREAS**, the number of COVID-19 positive cases in Dallas County poses an immediate threat to the public health of Dallas County residents and visitors, and may potentially overwhelm the ability of the healthcare system to provide adequate care to those affected; and

**WHEREAS**, there is currently no treatment that is curative for this virus, and there is evidence on how transmission occurs, and there is evidence on the effectiveness of public health measures to reduce the spread of this virus

**NOW THEREFORE**, The Dallas County Board of Health **STRONGLY RECOMMENDS** that all Dallas County residents and visitors, to the extent possible, follow accepted mitigation strategies to slow the spread of COVID-19. These strategies include:

1. Limit interactions with people who do not live with you. If you must interact with persons not of your household, maintain a distance of 6 feet from them.
2. Avoid large gatherings of ten (10) or more people.
3. If you are unable to maintain a distance of six (6) feet from people you do not live with, always wear an appropriate facial covering. Recommendations for facial coverings can be found on the CDC Website (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>).
4. Outside of seeking medical care, stay home if you are ill, even mildly. Contact your healthcare provider or the Dallas County Health Department for guidance on how long to isolate if you are ill.
5. Consider being tested for COVID-19, especially if you are ill or have a known exposure to a positive person.
6. If you are contacted by the Dallas County Health Department or the Iowa Department of Public Health for contact tracing, cooperate with the contact tracer & answer all questions truthfully.
7. Follow IDPH guidance for quarantining yourself from others if you have been exposed to COVID-19 positive person. Contact the Dallas County Health Department for questions regarding quarantine and exposure.
8. Utilize other evidence-based mitigation strategies to slow the spread of the virus. This includes washing your hands correctly, utilizing a hand sanitizer with at least 60%

alcohol content when the washing of hands can not be done, and disinfecting surfaces as needed.

Since March of 2020, community spread of COVID-19 has been present in Dallas County. There is evidence that the mitigations listed above are effective in reducing the spread of the virus from person to person. As a community, we can all come together to protect the most fragile amongst us.

The Dallas County Board of Health continues to recommend that people engage in activities that promote their health and wellness, including but not limited to, increased physical activity, proper nutrition, & mental health care. Contact the Dallas County Health Department for guidance, support, and additional information.

Together we can work to slow the spread of COVID-19 and prevent this disease from harming our residents.

Signed on this 2<sup>ND</sup> day of December in the year 2020.

  
\_\_\_\_\_  
Chair – Dallas County Board of Health