



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

City-County Health District

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For Immediate Release

### **Local Public Health Urges Residents to Use Social Distancing Measures to Prevent Greater Community Spread of Coronavirus (COVID-19)**

While there remain only two confirmed cases of Coronavirus (COVID-19) in Barnes County, residents are strongly urged to use social distancing, along with basic prevention measures, to prevent greater community spread of COVID-19.

"It's important that we recognize the seriousness of what we're facing with COVID-19 and that we change our behavior. That means staying home with your family, and no group sports or spectating, no playdates or sleepovers for right now," says Dr. James Buhr, Health Officer for City-County Health District.

City-County Health District (CCHD) Administrator Theresa Will says, "We practice social distancing because we want to reduce the risk of respiratory transmission of the virus. Placing at least six feet of physical distance between you and others is the most helpful thing individuals can do right now."

CCHD reminds residents that the basic prevention measures to slow the spread of COVID-19 remain the same:

- Wash your hands often with soap and water for 20 seconds particularly after touching any frequently used item or surface. If soap and water are not available, use 60% alcohol hand sanitizer.
- Stay home when you are sick.
- Avoid close contact with those who are sick.
- Cover your cough and sneeze.
- Disinfect frequently touched surfaces.
- Practice social distancing: avoid unnecessary shopping trips and travel, avoid gatherings of more than 10 people. If possible, work from home.

While the spring weather is best enjoyed outdoors, residents are urged to avoid congregate settings, including playgrounds and parks, in order to practice proper social distancing.

As a reminder, anyone experiencing symptoms of COVID-19 and needing to seek medical care, should contact their healthcare provider before arriving at the clinic or office or use the online [COVID-19 Risk Assessment Survey](#).

For questions related to COVID-19, the North Dakota Department of Health hotline is available seven days a week, 7 a.m. to 10 p.m. and can be reached at [1.866.207.2880](tel:1.866.207.2880). For local updates on COVID-19, follow [City-County Health District](#) on social media.

CCHD also reminds the community to rely on credible sources of information related to COVID-19, including [ND Response](#), [North Dakota Department of Health](#) and [Centers for Disease Control and Prevention](#).

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