



## It's National Public Health Week April 6-12, 2020



NATIONAL  
**PUBLIC  
HEALTH**  
WEEK



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### The Road Ahead

This has been a very challenging time in Public Health. Facing a world wide pandemic is not something we ever want to do. But preventing disease, is something we do every day in Public Health, so we are ready.

As the Director of the West Central Health District, I want to thank everyone for working together with us, to do their part in reducing the number of illnesses and deaths in our communities during this time.

We must diligently follow the guidelines that we have been tasked with, to lessen the number of cases of COVID-19. Governor Kemp has issued a shelter in place order, which means we are to stay home. Only essential businesses should operate, with only essential staff. Below are other ways we can do our part.

- Please remember physical distancing of at least six feet when you do go to pick up needed items at a store.
- Wear a cloth face cover, or mask, to prevent the spread of germs when you or others cough or sneeze.
- Don't touch your face with unclean hands, and remember to wash your hands frequently for at least 20 seconds.
- Use hand sanitizer when soap and water are not available.
- Clean commonly used surfaces like door knobs, and counter tops in your home frequently.

The sooner we lower the rate of infection by following these guidelines, the sooner our lives will return to normal.

For more information, visit [West Central Health District](#).