

**PERSHING COUNTY HEALTH OFFICER UPDATE**  
**April 1, 2020 Coronavirus “COVID-19”**

**Pershing County has **NOT** yet seen a confirmed case of COVID-19.**

- However, we know that people can carry the virus and have few or no symptoms.
- Nearby communities do have cases, and it is important that we all remain vigilant in our community to prevent illness.
- Pershing General Hospital and Physicians Clinic have taken measures to reduce risk of spreading illness to include restricting or limiting visitors, and screening patients who are ill by phone if possible before they enter our buildings.
- Proper hygiene and social distancing are the best defense against the COVID-19 virus and all viruses.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth when you cough or sneeze, use your elbow or a tissue (then re-wash your hands).
- Clean and disinfect frequently touched objects and surfaces including work areas and phones.
- Avoid close contact with people who are sick. If you are sick, stay home.
- A shelter-in-place was ordered by Governor Sisolak on 3/24/20.
- All non-essential businesses are temporarily closed. Those who can work from home are encouraged to do so.
- Social distancing of 6 feet is recommended, and gatherings of more than 10 people in a room are prohibited.

*We each have a moral and ethical obligation to try to reduce the spread of illness during a pandemic.*

*Please think of your family and friends who may become ill if you choose not to take these important steps every day.*

For general information regarding COVID-19 in Nevada, you can go to <https://nvhealthresponse.nv.gov/>

**Let's all stay prepared and well in Pershing County!**

Kamin Vanguilder MD, Pershing County Health Officer