



Public Health
Prevent. Promote. Protect.

Cole County
Health Department

FOR IMMEDIATE RELEASE – August 18, 2020

COLE COUNTY, MO – At this time, 72% of the positive COVID-19 cases in Cole County can be traced back to travel and/or contact to a known case. Separate from the current outbreak at a long term care facility in Jefferson City, positive cases in the community have increased because of increased interaction and a lack of following issued guidance. Most cases are experiencing mild symptoms and recovering within the quarantine timeframe.

We are urging everyone to continue to take responsibility for their own health and to protect others. The Cole County Health Department is strongly recommending that everyone take precautionary measures to reduce the spread of the virus.

- Stay home if you are sick.
- Adhere to all social distancing requirements and do not be within six (6) feet of others outside of your household for more than fifteen (15) minutes.
- Wear a face covering when close contact cannot be avoided and social distancing cannot be maintained.
- Wash hands often with soap and water for at least 20 seconds, especially before eating. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth/nose with a tissue, elbow or sleeve when coughing or sneezing.

It is recommended that face coverings be worn when in contact with someone outside of your household within six (6) feet for more than 15 minutes. Cloth face coverings offer some degree of protection against large infectious droplets, such as mucus or saliva, when speaking, sneezing, or coughing. This particularly protects those around the person wearing the face covering and helps people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings are not considered an acceptable substitute for social distancing. Interactions within six (6) feet of a positive case for more than fifteen (15) minutes will be considered exposure regardless if either person is wearing a cloth face covering.

Cloth face coverings should be washed after each use. Cloth face coverings should be replaced frequently as consistent washing will degrade the fabric and decrease the effectiveness.

It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering. For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

As this situation changes, the Cole County Health Department will be sending out additional information. If you have questions, please consult a factual source, such as <http://www.CDC.gov> or www.health.mo.gov/coronavirus. The community can also call the Cole County Health Department at (573) 636-2181, or MDHSS 24-hour hotline (877) 435-8411 to address questions or concerns related to COVID-19.