



March 12, 2020

## Health Update

The following includes the Town of Strasburg's current response to and advice regarding the spread of the COVID-19 coronavirus and *all* communicable infections and diseases in general. Please note that the Town of Strasburg does not maintain a Health Department nor does it directly provide health care services. We rely on the expertise of our state, regional, local, and private partners in health care.

- **Stay calm and use common sense.** An abundance of caution is good, but do not panic.
- **We get frequent updates.** The Town staff receives updates multiple times a week from a variety of agencies, including the Shenandoah County Health Department, the Lord Fairfax Health District, the Virginia Departments of Health, Emergency Management, and State Police.
- **We are taking care of ourselves so we can take care of you.** We are reviewing internal procedures for those employees who have daily contact with our Citizens, our facilities, and equipment. That is nearly every employee. We are also reviewing our operations so we can continue to serve you.
- **Prevention is key.** We encourage all employees and citizens to be mindful of the necessary precautions, which applies to **ALL** communicable infections such as the common cold, the flu, pneumonia, norovirus, streptococcus, and other viruses and bacteria:
  - Wash hands frequently
  - Don't touch your face (eyes, nose, mouth)
  - Cover up when you cough, sneeze, or clear your throat ("**respiratory etiquette**")
  - Consider others with forms of non-contact greetings and maintaining a reasonable distance ("**social distancing**")
  - Disinfect highly used surfaces such as rails and doorknobs
  - Limit physical contact with people are sick, and if you're sick, stay home
  - Consider paying your bills online or using the dropbox in Town Hall
- **Stay informed with the right sources.** We encourage our Citizens to use the following resources to inform themselves of the current situation.
  - [Town of Strasburg Facebook](#)
  - [Lord Fairfax Health District](#) (Counties of Clarke, Frederick, Page, Shenandoah, Warren, and City of Winchester)
  - [Virginia Department of Health](#)
  - [Virginia Department of Emergency Management](#)
  - [Centers for Disease Control and Prevention](#)