

To the Citizens and County employees of Gregg County, be assured during the midst of this outbreak of COVID-19 throughout the world, we are working diligently to protect you the citizens, and the employees of Gregg County.

The Virus is commonly spread through the respiratory droplets. The symptoms that are included are; fever, cough, and shortness of breath, Loss of taste/smell, body aches and chills, please seek medical attention. Those whom are at higher risk are the “vulnerable population”; those that are +65; and those that already have weakened immune systems, and those that have cardiac health problems and hypertension and diabetes. Gregg County residents and employees, can help themselves and their families prevent the spread of viruses, by taking these simple precautions:

1. Thoroughly wash your hands with warm water for a least 20 seconds; after using the Bathroom, before and after meals, when you have blown your nose, or even when you Have sneezed in your hand and when you have touched other surfaces such as desks and door handles.
2. When using Hand sanitizer, use one that has at least a 60% alcohol content.
3. Do not touch your eyes, hands or face if you have not washed your hands.
4. Avoid crowded areas where people may be sick, remember the “6ft rule” stay six feet away from anyone that may be sick.
5. If you are sick stay at home.
6. Cough or sneeze in a tissue then dispose of that tissue in the trash.
7. Disinfect all commonly touched surfaces, with wipes or sprays, with a 10 to 1 bleach solution.

At this time, the CDC recommends at this time that you should be wearing masks, will out and in crowded places, as it will drastically reduce the spread of the virus. As well as social distancing. Health care workers should be wearing masks, as well as those that are sick. If you have traveled or may have symptoms of a fever, or cough, or even difficulty breathing or loss of taste or smell, or exposed to someone that has COVID-19 within in 14 days, please talk to your healthcare provider.