

**Contact: Tommy Brooks**  
Emergency Management Coordinator  
Phone 806-934-9520  
Fax 806-935-0730  
tbrooks@moore-tx.com



# Press Release

**03/13/2020**

Moore County and the Cities of Dumas, Cactus and Sunray are working with the Department of State Health Services and the Center for Disease Control and Prevention in reference to the recent outbreak of COVID-19 (Coronavirus).

As of Noon today, there are 39 active cases in the State of Texas. None of these cases are located in the Panhandle of Texas.

There are simple steps everyone can take to help prevent the spread of respiratory viruses like COVID-19:

- Wash you hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include: fever, cough and shortness of breath. These symptoms may show up 2-14 days after the exposure to the virus.

High risk individuals include: older adults (65 years and older), Heart disease, Diabetes, High Blood pressure, Cancer, and weakened Immune Systems.

65 years and older and /or people with medical conditions like those listed above are getting very sick from COVID-19.

If you are a high-risk individual and you develop fever or symptoms, call your doctor.

If you are not sick enough to be hospitalized, you can recover at home. Follow your doctor's instructions and refer to the CDC website on how to take care of yourself at home.

If you are not in the high-risk category:

If you are in generally good health and have mild symptoms, stay home and take care of yourself like you would for the cold or the flu. If symptoms worsen call your doctor.

Moore County Emergency Management will continue to monitor the spread of this virus and work with our Local Leaders, School Districts and industry to help stop the spread of this virus.

For more information you may visit:

[www.Dshs.texas.gov](http://www.Dshs.texas.gov)

[www.cdc.gov](http://www.cdc.gov)