



## CITY OF GARLAND HEALTH DEPARTMENT

### PUBLIC HEALTH DIRECTIVE

**Applies To:** All citizens of Garland, Rowlett and Sachse

**From:** C. Tim Lambert, M.D., Health Authority for Garland, Rowlett and Sachse

**Date:** March 12, 2020

**Regarding:** Limiting the Transmission of COVID-19 in Garland, Rowlett and Sachse

Because of the risk of the rapid spread of the virus and the need to protect the most vulnerable members of the community, Dr. Tim Lambert, Health Authority for Garland, Rowlett and Sachse, is directing all residents within those jurisdictions who are experiencing a fever ( $\geq 100.0^{\circ}\text{F}$  or  $37.8^{\circ}\text{C}$ ) and respiratory symptoms consistent with COVID-19 including lower respiratory illness, cough or shortness of breath to stay home when sick. If you feel feverish or develop a cough or difficulty breathing, take your temperature, self-isolate and limit contact with family members and the general public. If you plan to seek medical attention from your health care provider, please call ahead to make an appointment and discuss your illness. If symptoms become severe, you should seek emergency medical attention by calling 911.

The COVID-19 virus is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to protect the ability of public and private health care providers to handle the influx of new patients and safeguard public health and safety.

This advisory is issued based on evidence of increasing transmission of COVID-19 within the U.S. and the likelihood of spread in the region, scientific evidence regarding the most effective approaches to slow the transmission of communicable diseases generally and COVID-19 specifically, as well as best practices as currently known and available to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to COVID-19. Although most individuals who contract COVID-19 do not become seriously ill, persons with mild symptoms and asymptomatic persons with COVID-19 may place other vulnerable members of the public at significant risk.

This advisory will reduce the likelihood that many individuals will be exposed to COVID-19 in public or at an event, and will thereby slow the spread of COVID-19 in our community. By reducing the spread of COVID-19, this will help preserve critical and limited health care capacity in the area.

For additional information, see the Center for Disease Control and Prevention and Texas Department of State Health Services websites at <https://www.cdc.gov/coronavirus/2019-ncov/> and <https://www.dshs.texas.gov/coronavirus/>.