



CITY OF GARLAND HEALTH DEPARTMENT

PUBLIC HEALTH DIRECTIVE

- Applies to:** All Citizens of Garland, Rowlett and Sachse age 65 and older
- 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

Coronavirus disease (COVID-19) adversely affects older adults and persons with underlying health conditions or compromised immune conditions. This population is at greater risk for severe illness from this virus. Starting at age 65, there is an increased risk of severe disease and the risk increases with age. The highest risk of serious illness and death is in people older than 80 years.

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, directs all at-risk populations to limit interactions and contact with others to the greatest extent possible. Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- Stay home as much as possible.
 - Consider ways of getting food brought to your house through family, social or commercial networks.
 - Avoid public areas or group settings.
 - Avoid public transportation.

- Have supplies on hand.
 - Contact your health care provider to ask about obtaining extra necessary medications to have on hand in case more stringent control measures are required over a prolonged period of time.
 - If you cannot get extra medications, consider using mail-order for medications.
 - Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
 - Have enough household items and non-perishable food on hand so that you will be prepared to stay at home for a period of time, if necessary.

- Take everyday precautions.
 - Avoid close contact with people who are sick.
 - Take everyday preventive actions.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, or having been in a public place.
- Avoid touching your face, nose, eyes, etc.
- Avoid crowds, especially in enclosed or poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on [cruise ships](#).

This advisory is issued based on evidence of increasing transmission of COVID-19 within the U.S. and the likelihood of spread in our region. 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 dshs.texas.gov/coronavirus/.