

## City Council COVID-19 Meeting 12/11/2020

What does this Covid-19 data mean for each of us?

- Covid-19 is here in our community
- It is going to get worse for a time, with increased cases, hospitalizations, and deaths
- Many people who are infected have few or no symptoms, but can still spread Covid-19 to others

What can each of us do to protect ourselves and our community?

- Wear a mask whenever you are outside your home
- Wash your hands or use hand sanitizer frequently
  - When you enter and leave a store, the post office, the library
  - When you get home from doing errands
- Keep your distance
  - Stay **at least** 6 feet away from anyone you don't live with
- Don't gather indoors with more than 6 people from a maximum of two families
  - The more time you spend indoors with others, the greater risk of getting infected, or spreading infection yourself, even if you don't have symptoms
- Reconsider your holiday travel plans
  - We are now seeing an increase in cases, in Tillamook County and nationwide, as a result of Thanksgiving travel and gatherings
- If you have any Covid-19 symptoms, call your health care provider or the County Health Department. Follow their recommendations about getting tested, isolating, and contact tracing.

Vaccines are on the way, but for most of us they won't be available for at least several months. If we all follow these recommendations, we can slow the spread of the virus and help prevent many serious illnesses and deaths.

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