

March 13, 2020

Pulaski County Residents,

Last Friday, March 9th, the Indiana State Department of Health announced a presumptive positive case of the novel coronavirus, COVID-19, the first in the state. Over the last week, the number of confirmed cases has grown to twelve (12), spread throughout eight (8) counties.

With news of confirmed cases in Indiana, additional concerns may be raised in the community, especially with those who care for individuals more susceptible to illness. The Pulaski County Health Department is working closely with the Center for Disease Control and Prevention (CDC), the Indiana State Department of Health, and local health agencies to ensure we can provide guidance and support should an outbreak come to Pulaski County.

This past Monday, March 9th, the Pulaski County Health Coalition met in the Emergency Management Office to discuss emergency preparedness, inventory personal protective equipment (PPE), and to discuss possible scenarios and how best to respond.

At this time, the risk of becoming infected with COVID-19 in Pulaski County remains low. I encourage all residents to practice good hygiene. The best way to fight infections is to wash your hands often, with soap and water, for at least 20 seconds - using a hand sanitizer that contains at least 60% alcohol if soap and water are unavailable. Cover all cough and sneezes with a tissue or your arm, not your hand. Stay home if you are sick, and do not return to work or school until you are symptom-free for 24-hours.

On Thursday, March 12th, Governor Eric Holcomb limited “non-essential” gatherings of 250 people or more that take place in one room or a single space. We strongly encourage our residents to abide by this mandate. For a group of fewer than 250 people, social distancing recommends that individuals remain six (6) feet apart from one another.

The Health Department also encourages residents that are traveling for spring break to read the CDC guidelines for travel (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>), particularly if traveling to a COVID impacted region – and to plan accordingly. Realizing that when returning, self-imposed or agency quarantines may be required.

If you are experiencing flu-like symptoms, we ask that you, please call your primary care provider BEFORE presenting. This will help ensure healthcare providers can treat everyone safely. As more information is learned about COVID-19, the Pulaski County Health Department will continue to work with government and local agencies to provide the public with the most up to date information.

For more information about COVID-19, please visit the CDC’s website at [www.cdc.gov/covid-19](http://www.cdc.gov/covid-19).

Sincerely,  
Dr. Rex Allman, MD  
Pulaski County Public Officer