



## PRESS RELEASE

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### **Holt County Health Department Reports 6th Death of COVID-19**

The Holt County Health Department is reporting its 6th death of a Holt County resident due to COVID-19. The resident was a male in his 70's. The individual had underlying medical conditions.

Everyone is urged to take preventative measures to prevent the spread of respiratory illness, including:

- Stay home if you are sick.
- Avoid close contact with individual, maintaining a six-foot distance between you and others, otherwise known as social distancing.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water is not available.
- Avoid gatherings of more than 10 people.
- Avoid touching your face.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Read the instructions on the product label.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Follow state and local orders for staying home and staying safe.

Older adults and people of any age who have a serious underlying medical condition may be at higher risk for more serious complications from COVID-19. If you think you have been exposed to COVID-19 and have developed a fever, cough, or shortness of breath, please call your medical provider to discuss your need for assessment.

This very challenging time requires everyone to take action. Please hear the call for social distancing and staying at home. The Holt County Health Department will continue to work with local, state and federal partners as we continue to decrease the spread of COVID-19.

For more information, visit Missouri Department of Health and Senior Services website at [www.health.mo.gov](http://www.health.mo.gov) or the Center for Disease Control and Prevention website at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus). You can also call the DHSS COVID-19 hotline at 877-435-8411.

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