



P R E S S R E L E A S E

Holt County Health Department
108 S Main
Oregon, MO 64473

Media inquiries contact Krissy Prussman, Administrator at 660-446-2909

12/30/2020

Holt County Health Department Reports 1 more Death of COVID-19

The Holt County Health Department is reporting 1 more death of Holt County residents due to COVID-19. This brings Holt County's total to 15 deaths. 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 or the Center for Disease Control and Prevention website at www.cdc.gov/coronavirus. You can also call the DHSS COVID-19 hotline at 877-435-8411.

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PRESS RELEASE

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POSITIVE COVID-19 REPORTED IN HOLT COUNTY, MO

Holt County Health Department has confirmed 1 more Holt County case of COVID-19. This brings Holt County's total to 434 positive cases. The individual is in isolation in accordance with CDC guidance. No other information will be provided about the individual at this time.

The Holt County Health Department has identified close contacts to the confirmed cases. If you have not been contacted by the Health Department, you are not a close contact.

It is our recommendation at this time that you maintain physical distance of six feet when in public settings, staying home when you are sick, perform proper hand washing, and continue cleaning frequently touched surfaces. If you cannot maintain six feet of physical distance from others, it is recommended to wear a face covering.

If you are experiencing respiratory symptoms, a cough, shortness of breath, fever, chills, diarrhea, headache, loss of taste or smell, nausea or vomiting please contact your healthcare provider prior to arriving at the clinic.

For more information visit the CDC website at www.cdc.gov/coronavirus or the Missouri Department of Health website at <https://health.mo.gov/coronavirus>.

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