

Special Edition



CLARK COUNTY DISTRICT G NEWSLETTER

Clark County Commissioner Jim Gibson



To Our Community

I hope everyone is staying healthy and safe. Right now, we are in a global health crisis as the COVID-19 pandemic touches the lives of every community within Clark County. My number one priority is to ensure the health and safety of our constituents. While the Clark County Government Center is currently closed to the public, please know that I and my staff are available to assist you via email or phone. Please email us at ccdistsg@clarkcountynv.gov or call our office at (702) 455-5561 with any questions or concerns. You can also follow us on Facebook at www.facebook.com/jim.gibson, Instagram @CommishJGibson or Twitter @CommishJGibson.



Jim

Steps to help prevent the spread of COVID-19

We all can do our part to help reduce the spread of COVID-19 here in Clark County. Please adhere to the guidelines and recommendations of the Center for Disease Control and Prevention. Per their website, below are steps that can be taken to help prevent the spread of COVID-19:

Take steps to protect yourself

Clean your hands often!

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**



Avoid close contact

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you are sick

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds.
- If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

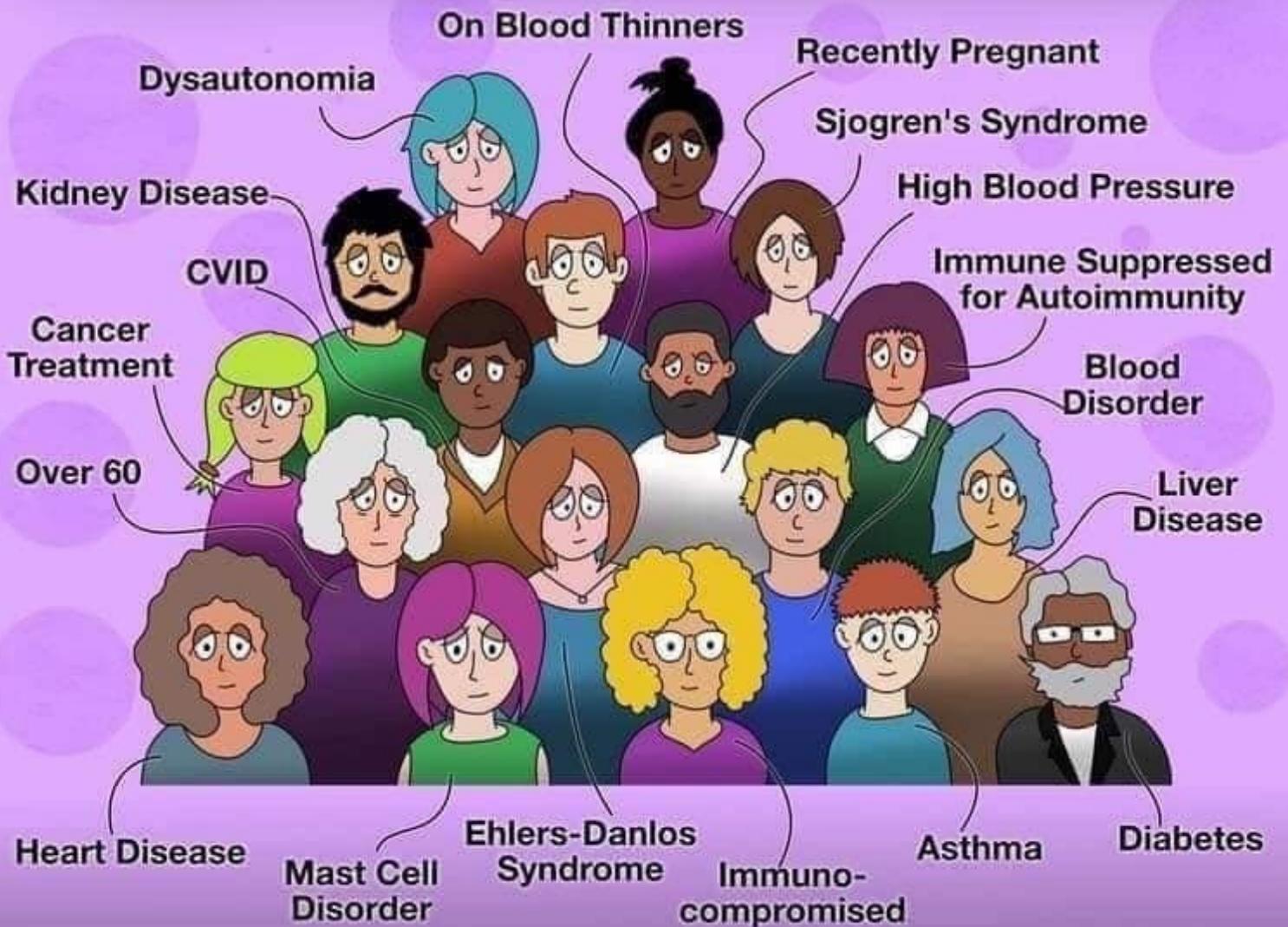
Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Please visit the Center for Disease Control and Prevention for more information about steps to take to help prevent the spread of COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. Together, we can help prevent the spread of COVID-19 in our community!



Some of THE VULNERABLE



Thank you for protecting us
through **social distancing!**

Stay Home for Nevada: What Nevadans Need to Know and Do

As Governor Steve Sisolak, Nevada state government officials, public health authorities, hospitals, and medical providers all work together to prepare, test, treat, and slow the spread of COVID-19, there are measures we can all take to reduce our risk of contracting the virus and keep our families and communities healthy.

“As COVID-19 continues to spread, now more than ever we need to heed the warnings of scientists and public health experts who urge that staying home and avoiding contact with others is the absolute best way we can control the spread of the virus right now,” said Governor Sisolak. “This will prevent our health care system from becoming overwhelmed with severely ill persons and will save the lives of your family, your friends, and your neighbors.”

In order to control the spread of COVID-19, we must follow this guidance -- practice social distancing and “Stay Home for Nevada.” The Department of Health and Human Services, in coordination with the Governor’s Medical Advisory Team, have developed the following key strategies to slow the spread of COVID-19 and to keep ourselves, our families, and our communities safe.

What Nevadans Need to Know and Do About COVID-19:

- Avoid all non-essential travel and social interactions.
- Work from home, when possible, and do not gather in groups.
- Stay at least 6 feet apart from others.
- Persons 50+ years old and those who have chronic lung disease, heart disease, diabetes, cancer or a weakened immune system are most at risk.
- Stay home, local community transmission is common and if you are sick, you must stay home.
- If you have symptoms, assume you have COVID-19. Persons with mild or moderate symptoms should not seek medical care nor try to get tested. Staying home can save the life of another Nevadan.
- Testing is not needed if you have mild or moderate symptoms. It will not change clinical care. COVID-19 testing should remain for people who need to be hospitalized for severe illness.
- If your symptoms get worse, after three to four days, consult with your doctor by phone.
- Stay home for at least seven days after your symptoms started and be fever-free/without cough or sore throat for three days without the assistance of medicine before returning to your routine.

Precautions like school and nonessential business closures, the cancellation of events, and limited travel have been shown to slow the spread of the virus. It is critical that each and every Nevadan do their part to reduce the risk of contracting the virus and take the necessary steps should we or our family members become ill.

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low. It is important to remember, however, that older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

If you must go to places where others may be, engage in social distancing. When out in the community, keep at least 6 feet of space between you and others, avoid handshakes, and greet others in ways that do not include physical contact. It is important to remember that this virus is spread through contact with people who have the virus, whether they show symptoms or not.

“It may help to think of social distancing as ‘physical distancing with social connection,’” said Dr. Stephanie Woodard, Senior Advisor on Behavioral Health for the Nevada Department of Health and Human Services. “While we want to avoid physical transmission of the virus, it is important to maintain social connections with others through text, email, social media, video chat, and any other ways you usually connect with friends and family when you are apart. Social distancing and staying home may seem isolating and it is natural to experience such emotions like loneliness, anxiety and sadness. It is important that we all adhere to the recommended practices that will help to keep us safe and healthy. If you need help coping, there are resources available to you.”

- The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990. Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.
- Crisis Support Services of Nevada 1-800-273-8255; text CARE to 839863 for 24/7 crisis services; Substance Use Disorder Hotline 1-800-450-9530; text IMREADY to 839863
- Nevada 2-1-1 Program: 211 can assist in connecting individuals, families, and providers to essential health and human services information and resources. <https://www.nevada211.org/>

More information on Nevada’s COVID-19 response can be found at <https://nvhealthresponse.nv.gov/>



Coronavirus Disease 2019 (COVID-19)



What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

Who is at risk?

Based on what we currently know, there are some people who are at higher risk of getting very sick from this illness. This includes older adults and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus spreads.

Other coronaviruses spread from an infected person to others through:



the air by coughing and sneezing



touching a surface with the virus on it, then touching your mouth, nose, or eyes



close personal contact, such as touching or shaking hands

What are the symptoms?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus:



Fever



Cough



Difficulty breathing



Mild to severe illness

How can I prevent getting COVID-19?

COVID-19 is a new disease and we continue to learn more about how it is transmitted from person-to-person. The CDC risk assessment will be updated as new information becomes available. Steps you can take to prevent the spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.



To learn more, visit www.snhd.info/coronavirus or www.cdc.gov/coronavirus

