



**Public Health**  
Prevent. Promote. Protect.

# Lake Region District Health Unit

**“Your Public Health Professionals”**

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**NEWS RELEASE | FOR IMMEDIATE RELEASE | April 3, 2020**

## **Lake Region District Health Unit Stresses Calm and Caution Following The Report of the 1st Confirmed COVID-19 Case in Eddy County**

Eddy County, N.D. –

LRDHU-Eddy County is encouraging calm and caution following the announcement of the first positive COVID-19 case in Eddy County: A male in his 40s from Eddy County, travel related.

The North Dakota Department of Health released information that included a positive COVID-19 case on April 3 in Eddy County. With fast changing circumstances and data updates, today North Dakota has 173 confirmed cases of COVID-19. Statewide 5798 ND residents have been tested with 5625 negative results. 55 have been hospitalized.

**“We want to reassure the community, we are trying to stem the spread of COVID-19,” said Danette Schmid, RN. “We continue to encourage people to practice social distancing to keep everyone safe. We are hopeful our communities and our state will prove to be only a small sample of the overall COVID-19 situation.”**

Now, more than ever, it is critical to take preventative action for your health, and the health of the community:

- Wash your hands frequently with soap for at least 20 seconds. In the absence of soap, use a hand sanitizer with at least 60% alcohol content.
- Avoid touching your T-Zone (eyes, nose and mouth).
- Practice social distancing. Avoid social gatherings. Use drive-through, pickup or delivery options.
- Work from home when possible.
- Stay home when you are sick. Call your healthcare provider if you develop fever, cough or shortness of breath.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. In the absence of a tissue, cough or sneeze into your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Stay away from individuals who are sick. Limit close contact (six feet or more) with others as much as possible.

“We do want to stress to everyone that the COVID-19 pandemic is constantly evolving” said Schmid. “This means people should also take the time to go the CDC and North Dakota Department of Health websites and get familiar with their information. They have provided guidance for a variety of specific groups, as well as for general population methods of response.”

For ongoing response to the COVID-19 pandemic, the North Dakota Department of Health has established a COVID-19 Hotline to help answer questions. You can call (866) 207-2880 from 7am-10pm, 7 days a week. Individuals who need medical advice should contact their health care provider.

For more information, visit <https://www.health.nd.gov/diseases-conditions/coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Or for more localized posts visit: <https://www.facebook.com/LRDHU/>

**For more information, contact:**

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