

# The Bandera PROPHECY

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Bandera County reports third case of COVID-19

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Bandera County is reporting the Third case of CoViD-19, the disease caused by the new coronavirus, in a county resident. The individual is currently experiencing mild symptoms and is isolating at home. It has been determined that this case is associated with instate travel outside of Bandera County.

Given the increases in community spread throughout the United States, all individuals are at some risk of exposures to CoViD-19. Everyone should monitor themselves for symptoms of CoViD-19, practice social distancing, and stay home if they become sick, except to seek necessary medical care. The Texas Department of State Health Services is supporting Bandera County in identifying any close contacts of the patient, so they can be isolated, monitored for symptoms, and quickly tested, if needed.

There are things everyone can do to help prevent the spread of CoViD-19:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then wash your hands.
- Clean and disinfect frequently touched objects and surfaces.

Minimizing exposure is especially important for people who are 65 or older or who have an underlying health condition like heart disease, lung disease, diabetes, high blood pressure or cancer. People in those groups have a higher risk of developing severe disease if they do get CoViD-19, and the safest thing for them during an outbreak will be to stay home as much as possible and minimize close contact with other people. To get ready, they should talk to their doctor about getting additional prescription medications and have enough household items and groceries on hand to stay home as needed.