

MESSAGE TO COUNTY ADMINISTRATORS  
COMPLIANCE WITH GOVERNOR'S STAY AT HOME  
ORDER

Governor Northam issued a Stay at Home order today. Compliance with this order is essential.

The COVID-19 virus is present in our jurisdictions and community based transmission is occurring. I do not believe the current confirmed case counts reflect the true extent of disease in our communities. I am sure the number of people with COVID-19 at this time is much higher. This is because the virus causes a wide range of disease expression, from no symptoms, to mild bad cold symptoms, to severe pneumonia and death. Milder cases may never be tested, and those people may never isolate themselves. Also, the accuracy of the COVID 19 test is not known. A positive test can be relied upon to indicate disease. A negative test only means virus genetic material was not detected at the time of the test, it does not mean you do not have or will not get the disease.

The only chance we have of fighting this virus is to deny it the opportunity to spread person to person. It is imperative that we realize the virus in in our communities right now, and every time we go out we risk getting the disease. We must immediately take the following steps:

1. Stay at home as much as possible, and comply with the Governor's stay at home order.

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2. If you must go out on essential business, practice strict social isolation. Stay 6 feet away from others, wash your hands frequently, sanitize surfaces you touch as best you can.
3. If you get sick, stay home, contact your health care provider and follow their advice. Most cases of this disease will self-limit. If you become more ill, especially if you have difficulty breathing, seek health care immediately.
4. Check in with your elderly family and neighbors by phone.  
Try to avoid as much contact as possible with others.

We still have a chance to limit the impact of this virus on our lives here in rural Virginia. If we fail to take this seriously, if we allow the virus more chances to spread, it will do so and more lives will be lost. Each of us has a duty to act right now to try to save ourselves, our families, and our neighbors.

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