

Abilene-Taylor County Public Health District

850 North 6th Street, Abilene, Texas 79601
325.692.5600 • abilenetx.gov/health



04/09/2020

Dear sir/ma'am,

Any person who is sick or currently experiencing common COVID- 19 symptoms including;

Fever, cough, shortness of breath, chills, runny nose, sore throat, nausea or vomiting, headache, stomach pain or diarrhea is hereby **required** to stay home until these 3 things have happened:

- (a) no fever for at least 72 hours without the use of medicine that reduces fever;
- (b) and other symptoms have improved (for example: cough or shortness of breath has improved);
- (c) and it's been 14 days since the symptoms first appeared.

This requirement does not keep you from leaving your house to get necessary medical or emergency care. Please call your medical providers prior to going to get care.

If any person in a household has tested positive for COVID- 19;

1. All persons in the household are **required to stay home**.
2. You cannot visit your friends, and neighbors **or go to church**
3. Members of the household may not travel to work, school, or any other community function until released from quarantine by the health authority.
4. You are permitted to leave home to seek necessary medical or emergency care. Make sure you you're your medical providers to get their instructions on getting care.
5. **Wash your hands with soap and water** for at least twenty seconds as many times as possible or use hand sanitizer.
6. If you are sick with corona virus or if you have serious health condition, you are at higher risk for serious illness or infecting others. You need to protect yourself and others from COVID19 by staying at home to reduce chance of getting or spreading the coronavirus.
7. Stay at home as long as you are told to do so by the health authority

All persons in the City of Abilene are required to stay home, except for travel related to **Essential Activities**. Essential Activities means:

- You can go to work, only if you have not been told to stay at home.
- Seeking medical care, food, shelter or clothing that may be necessary for your safety and well-being of your family.
- Look for employment or money, if it is safe to do so.

Practice social distancing; social distancing is:

- staying at least six feet away from other people, including not shaking hands or hugging other people
- avoiding mass gatherings, working from home if possible,
- canceling or postponing meetings with other people.

Please practice social distancing, stay home and wash your hands frequently and diligently.

We understand that this is a very challenging time. We expect you to do your very best to stop the spread of Coronavirus infection.

Thank you.