Dear Adair County Resident:

In the last few weeks much information has been presented to you about the Covid-19 virus from the news media, social media and conversations with your friends and co-workers. My goal today is to have every citizen in Adair County to think about the following concerning the virus and what each of us can do to respond and stay healthy:

1. People get the Covid-19 from virus droplets entering your nose and mouth and attacking your lungs. That’s why it is so important to wash your hands properly and often.
2. Wash your hands with soap and water for at least 20 seconds. Need help on how to wash your hands? Please call the Health Department at 660-665-8491.
3. Please do not touch your eyes, nose, or mouth with your hands. This is hard to do but an important way to stop the spreading of the virus.
4. Please avoid close contact with people who are sick.
5. In general, avoid close contact with others when possible.
6. Cover your mouth and nose with a tissue when you sneeze or cough, then throw the tissue in the trash and wash your hands.
7. Clean and disinfect objects and surfaces in your home and at work at least daily (Clorox and Lysol disinfecting products).
8. Monitor your symptoms. If you have coughing, a temperature and shortness of breath see your health care provider.
9. Please think about all those public places we visit all the time such as gas pumps, cash machines, and all those door handles we enter and exit daily. Think about using alcohol wipes for your hands and washing your hands with soap and water as soon as possible.
10. Check family members and neighbors and discuss how they are doing.

Covid-19 poses a lower risk to younger, healthy citizens. We are seeing a
higher risk with people 65 and older and/or those having other conditions (heart disease, diabetes, respiratory issues, etc.).

Finally, we can get through this health issue if we all use caution and common sense. Thank you for your time to read this information and stay healthy.

Jim LeBaron,
Administrator