



Allegany County HEALTH DEPARTMENT

“Healthy People, Healthy Communities”



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FOR IMMEDIATE RELEASE

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MORE INFORMATION: Brenda Caldwell, Public Information Officer 301-759-5239

ALLEGANY COUNTY HEALTH DEPARTMENT COVID-19 UPDATE: Still no cases in our area, but residents should be vigilant, practice basic precautions.

CUMBERLAND, MD – The Allegany County Health Department is closely monitoring all aspects of COVID-19, the new coronavirus, and working with partners at the federal, state, and local levels to actively prepare. Currently, there are no confirmed cases of COVID-19 in Allegany County or Western Maryland.

“There are several things that individuals can do to protect themselves and those around them,” stated Dr. Jennifer Corder, Medical Deputy Health Officer for Allegany and Garrett Counties. “These are the same kinds of preventive measures you would take to prevent the flu and many other illnesses.”

- Wash your hands frequently with soap and water and use alcohol-based hand sanitizer.
- Stay home from school or work if you are sick.
- Clean and disinfect frequently touched items in your home and workspace.
- Cover your mouth and nose while sneezing or coughing, and avoid touching your eyes, nose and mouth.
- If you aren’t feeling well, do not visit others and risk exposing them to illness.
- Follow all public health guidance regarding visitation at nursing homes, senior living facilities, and other locations with vulnerable populations.
- Reconsider attending events with large crowds, especially if you are elderly or have chronic medical conditions.
- Avoid nonessential travel to areas with COVID-19 spread.

While many individuals with COVID-19 have mild to moderate symptoms, elderly individuals and persons with underlying health conditions such as heart disease, lung disease, and diabetes are at higher risk for serious complications.

If you have symptoms (fever, cough, shortness of breath), call your healthcare provider to inquire about testing. Always call ahead to your healthcare provider and explain your symptoms and travel history. Calling ahead allows healthcare providers to plan for safe testing with minimal exposure to others.

[more]

“We are working closely with health care providers, emergency personnel, and local agencies to prepare for COVID-19,” explained Jenelle Mayer, Health Officer for Allegany County.

“Agencies and organizations are all putting systems in place to limit the spread of disease in our community. Everyone can play a role - wash your hands, stay home if you are sick, don’t visit others if you aren’t feeling well.”

For up-to-date information and resources, visit [coronavirus.gov](https://www.coronavirus.gov).

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