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**881 Main Street**

**Carrington, ND 58421**

**701-652-3087**

REPUTABLE RESOURCES

**Coronavirus Hotline (ND) 1-866-207-2880**

**Centers for Disease Control** [**www.cdc.gov/coronavirus**](http://www.cdc.gov/coronavirus)

**ND Department of Health health.nd.gov/coronavirus**

**Foster County Public Health 701-652-3087 also on Facebook**

**HAVE YOU TRAVELED IN THE US IN THE LAST 14 DAYS?**

**https://ndhealth.co1.qualtrics.com/jfe/form/SV\_eb7sJjKhR2UfB7n**

COVID-19 Survey for Contacts/Travelers

To assess and control coronavirus disease (COVID-19) and to protect your health and the health of others, persons arriving in North Dakota who have traveled to any of the locations below at any time in the past 14 days should answer the following questions:

**Includes travel outside of North Dakota, within the United States**

**Can you give us updates on what is happening with the Coronavirus?**

COVID-19 is a new disease and **we are still learning how it spreads**, the severity of illness it causes, and to what extent it may spread in the United States.

COVID-19 virus is thought to spread mainly from person-to-person.

* Through respiratory droplets produced when an infected person coughs or sneezes.
* Between people who are in close contact with one another - 6 feet

The following symptoms may appear **2-14 days after exposure.**[**\***](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html#f1)

* Fever Cough Shortness of breath

**Information is changing by the day, by the minute. What we are sharing with the public is what we know as of this time. We will continue to encourage FACTS not FEAR. Please use reputable sources: Hotline, CDC, NDDOH, and FCPH**

**As of this morning, March 18th we have had 5 confirmed cases in ND. We anticipate that those numbers will continue to rise.**

**Why is it important for us to follow the advice of the president, the governor and the health department?**

**So it is important right now for us to all be socially responsible and do our part to prevent spread of disease. I love data and numbers, but I believe we need to look past the numbers and focus on how each of us can do our part to prevent the spread of COVID-19.**

**We will not be able to completely eliminate Coronavirus, COVID-19. But we have the opportunity to be instrumental in being able to slow the spread of the disease, prevent over-surge of our local medical facilities, and flatten the curve of the disease. By practicing the President’s Coronavirus Guidelines for America in 15 ways to slow the spread, we will all do our part in preventing disease and death.**

**What ways can we practice this in Foster County?**

**Use drive-through or delivery services**

**Call businesses rather than going in person to conduct business**

**SOCIAL DISTANCING Streetlight Visual from NDDOH– RED/YELLOW/GREEN**

**Why is it important for viewers to be concerned about recent Travel?**

**As this disease continues to spread, it no longer includes just international travel. We must be aware of the travel that is taking place right here in the United States. Foster County officials are asking anyone who travels outside of ND to go the NDDOH website and complete the** COVID-19 Survey for Contacts/Travelers. **We will have the link available on our FB page and county website. This includes snowbirds who will be traveling from other parts of the country and returning to our communities in ND, which includes self-isolation for 14 days.**

**What is the current recommendation on gatherings?**

**Separate by 6 feet**

**Hold meetings virtually, web-based, zoom, etc.**

**Self-isolate after travel**

**Less than 10 people in a group**

**I understand that we are driven by social interactions. Use technology to our advantage and do our part. In closing I will ask each of us in the community, young and old, to take our part in preventing disease and being socially responsible.**