NEWS RELEASE 01/14/2022

Cheyenne County Current COVID Cases

COVID-19 has ramped up throughout Cheyenne County. Currently there are forty active COVID-19 cases within the county. The health department would like to remind community members to continue to practice good hygiene to decrease the spread of COVID-19.

If you are sick with COVID-19 or think you might have it, take steps to help protect other people from getting sick:

- 1. Stay home except to get medical care. Call your healthcare provider before visiting.
- 2. Separate yourself from others who live with you.
- 3. Wear a mask to protect others.
- 4. Cover your coughs and sneezes with a tissue and clean your hands right away.
- 5. Avoid sharing items with other people in your home. This includes things like towels and bedding. Be sure dishes are washed in hot water or the dishwasher before anyone else uses them.
- 6. Stay aware of how you feel. If you start to have difficulty breathing or if you are worried about your health, call your healthcare provider.

For more information about COVID-19 and/or to schedule an appointment for a COVID-19 vaccine, please contact the Cheyenne County Health Department at 785-332-2381.

