



**FOR IMMEDIATE RELEASE**  
**Date: March 29, 2020**

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A message from Dr. Ted Waflart, Dubois County Health Officer

There is significant concern that many of you are not taking the recommendations and guidelines seriously when it comes to the order to stay home and continue to practice social distancing. For those of you who are following the guidelines, I thank you very much. For those of you who are not, I cannot stress enough, for the welfare of our county PLEASE follow the guidelines and directives of our leaders.

The following points must be understood and taken seriously:

- a. Social distancing MUST be maintained. This means do not hanging out or travel with others who live outside of your home.
- b. If you cannot maintain social distancing, such as while exercising outdoors, then stay home. There have been large groups of people using the public walking trails. Please use common sense and work to exercise in more secluded areas to practice social distancing.
- c. **Do not socialize with others outside of your household: NO sleepovers, parties, playdates for children, NO get togethers or carpooling with people outside of your home. Groups of people playing or practicing sports together is not practicing social distancing. Even neighborhood children should not be getting together.**
- d. All businesses MUST Close if they are not critical to the needs of our community or nation.
- e. If businesses MUST continue to operate, it is critically important to follow the social distancing and hygiene recommendations for the workforce.

Remind people if you see that they are not following social distancing guidelines. Continue to be a support and encouragement for each other, encourage friends, neighbors, and family members to get strict with these practices. Praise each other for doing the right thing. Find ways to connect with one another through technology, phone calls and mail. Social distancing does not mean social isolation.

Maintaining the guidelines for staying home, proper hygiene, and social distancing, are our only weapons against this disease. The spread of this virus is reaching critical levels in the US, and we must do our absolute best to mitigate the spread in Dubois County. **The longer social distancing is not practiced, the longer we will be impacted by this crisis. Everyone is responsible.**

As your Dubois County Health Officer, I am thanking all of you for the sacrifices that you are making and will continue to make until we reach the end of this crisis.

*The Dubois County Health Department is committed to prevention efforts that promote and protect our communities health by serving with dedication, respect, and responsibility.*