



FREDERICK COUNTY GOVERNMENT
OFFICE OF THE COUNTY EXECUTIVE

Jan H. Gardner
County Executive

News Release

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County Executive Gardner, Health Officer Brookmyer and Community Leaders Prepare for Coronavirus

FREDERICK, MD – County Executive Jan Gardner and Dr. Barbara Brookmyer, Health Officer, were joined by public safety, emergency management, and community partners at a public information briefing at Winchester Hall to provide an update on efforts to prepare the community for potential spread of the novel coronavirus (COVID-19).

“We have been actively planning with our public health agencies, safety partners and community leaders and assure our residents that we are prepared for the coronavirus arrival in our community,” announced Executive Gardner. “Since this is a rapidly evolving situation, we encourage residents and businesses not to panic, but plan for the possibility that their daily routines could be temporarily impacted.”

Health Officer Dr. Barbara Brookmyer said, “The Frederick County Health Department is closely monitoring the novel coronavirus situation. We are receiving daily situational awareness reports from the Centers for Disease Control and Maryland Department of Health, and working closely with our county partners to prepare our community. At this time, the risk to Frederick County residents is still considered low. We encourage residents to continue to go to work and school, and everyone can do their part to protect themselves and others.”

What Residents Should Know About COVID-19

Prevention

- Avoid close contact with people who are sick, cover your cough/sneeze, avoid touching your face, clean “high touch” surfaces, stay home when sick, and wash your hands often.
- Consider an elbow bump or other greeting instead of a handshake or hug.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

(more)

Symptoms and When to Seek Medical Care

- Symptoms can include fever, cough, or shortness of breath. Symptoms may appear 2-14 days after exposure.
- If you have symptoms, call your primary healthcare provider first. Do not go to their office without calling. Do not go to the emergency room unless you are having a medical emergency. Emergency rooms need to be able to serve those with the most critical needs.
- If you have traveled to China, Iran, Italy, Japan, or South Korea in the past 14 days, stay home for 14 days after returning to the United States and practice social distancing. If you are sick with fever, cough, or have trouble breathing call ahead before seeking medical care.

Preparation

- Make a plan for yourself and your family. Have an [emergency supply kit](#) at home in case you need to stay put for many days.
- Check on seniors living alone and others in your community.

Take Care of Your Mental Health

- If you are feeling anxious, limit your media exposure, and remember that the same everyday actions which prevent seasonal flu also prevent COVID-19. Create a plan with others to make sure needs will be met.
- Fear and anxiety can lead to social stigma. Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease. We can fight stigma and help not hurt others.
- [Call 211](#) for general questions about COVID-19 and mental health and health resources.

Stay informed!

Check reputable sources and avoid spreading rumors.

- [CDC COVID-19 website](#)
- [Maryland Department of Health COVID-19 Website](#) (includes up-to-date testing and laboratory-confirmed case numbers in Maryland)
- For local information, visit the [FCHD website](#) and follow us on [Facebook](#) and [Twitter](#)

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