



## Board of Health

Administration Building  
900 6<sup>th</sup> Street, Nevada, Iowa 50201

Ph. 515-382-7240 Fax 515-382-7294

Website: [www.storycountyiowa.gov](http://www.storycountyiowa.gov)

Email: [healthweb@storycountyiowa.com](mailto:healthweb@storycountyiowa.com)

### PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### COVID-19: A Note to Story County Residents

AMES, Iowa— The Story County Board of Health is urging residents to stay vigilant in protecting themselves against COVID-19, with additional cases being diagnosed within our county, and as cases in neighboring counties and throughout Iowa increase rapidly.

Although we are several weeks into the outbreak as a nation, we are just beginning the fight in central Iowa. Now, “flattening the curve” in our own community is more urgent than ever.

One of the most effective ways to prevent exposure to the virus—thus protecting individuals as well as our entire community—is to stay home when possible (and absolutely when ill) and eliminate unnecessary activities and contact with others outside the home. This is especially important because the majority of individuals who contract the virus show either no symptoms or mild symptoms, but can still shed the virus into their environment. We applaud those business owners, public sector leadership, and community members who have taken this seriously, allowing employees to work from home or implementing practices such as delivery services, and encourage all to maintain and strengthen these standards where possible for the protection of themselves and our community.

For our essential workers and those who must leave their home for things like food or medical care, practicing social distancing—staying a minimum of six feet away from other individuals—can make a difference in slowing the spread of disease. We urge Story County residents to support one another in social distancing, and are pleased to see our community implementing practices such as allowing staggered work schedules and implementing measures to maintain physical separation and one-way directional flow between individuals.

Additional measures important in preventing COVID-19 include frequent handwashing, avoiding touching your face, frequent washing and disinfecting of surfaces, and appropriate use of personal protective equipment, such as masks and gloves.

For the most up-to-date information, recommendations, and response activities, visit the [US Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov), [Iowa Department of Public Health \(IDPH\)](https://www.idph.gov), or [Iowa COVID-19](#) websites.

The Story County Board of Health, in collaboration with Story County Public Health, is working closely with the Iowa Department of Public Health, Story County Emergency Management, Story County Board of Supervisors, and other entities to support the health of residents during the COVID-19 pandemic, but we can’t stop this disease on our own. As a Story County resident, YOU are our greatest defense, and we are counting on you to make the right decisions now, so that together, we can save lives and emerge from this pandemic stronger than ever. Keep up the good work Story County, and stay safe.

#### Contact:

**Dr. John Paschen**

**Chair, Story County Board of Health**

**515-382-7240**