I am writing this to all citizens of Schley County and Ellaville to ask for your assistance in an attempt to break the cycle of the COVID-19 virus. Everyone needs to do their part in limiting the spread of the virus. We have already had too many infections and deaths.

The Schley County Health department, along with EMA, County Commission, and City Council, would like to remind you to practice social distancing (stay away from other folks) with at least six feet between you and the other person. Stay home and only go out for essential items, work or appointments.

**Elderly people and individuals with chronic medical conditions may have increased risk for COVID-19.** Don’t take the risk of carrying the virus back into your home and infecting those you love.

We urge all individuals to practice these prevention measures:

- Wash your hands often with soap and warm water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

I realize it is not convenient to stay at home but it is way better than dealing with the virus yourself or having to take care of a loved one who is infected. Please do your part to help break the cycle.

Sincerely,

DOUGLAS F. JAMIESON
Director