



## Community Talking Points

Oct. 19, 2020

- We all want to move past COVID-19 and get back to normal life. It will take an ongoing commitment by all of us to get there, and there's reason to have hope because we know what works.
  - There's still a high incidence of cases in Wood County, but our numbers have fallen over the last few weeks.
    - Last Thursday (Oct. 15), the Ohio Department of Health listed Wood County at 123.1 cases per 100,000 residents over the past two weeks. That was down from 175.1 on Oct. 8, and 189.6 on Oct. 1.
  - Cases and hospitalizations have been increasing across Ohio, so even if we see numbers go back up, we will all need to focus on what we can control. We've learned a lot about how to effectively reduce the spread of the virus:
    - Wearing a mask around anyone you don't live with
    - Keeping distance from others, even if you're wearing a mask
    - Staying home if you think you might be sick
    - Avoiding gatherings, especially if they're with more than 10 people, at indoor locations, or anywhere it becomes difficult to maintain distance.
  - Keep yourself healthy with a regular routine, including getting enough sleep, taking breaks from work, connecting with coworkers, family and friends, and doing things you enjoy.
  - Remind yourself that you are not alone. Even when we're social distancing, we all have a role to play in fighting this pandemic. We're all going through an unusual situation and having to adapt.
- Help keep COVID-19 at bay over the next few weeks by following our safe Halloween guidelines:
  - If you go trick or treating:
    - Avoid having children select their own treats from a bowl or common container.
    - Limit the number of houses you visit and ask your children to stay as far as possible from anyone you don't live with. Celebrate Halloween in your own community, and don't visit other areas.
    - Wipe off candy wrappers with sanitizing wipes, and allow children to eat only factory-wrapped treats. Avoid homemade treats made by strangers.
    - Base your costume around a cloth mask, not a costume mask.
  - If trick-or-treaters come to your home:
    - Make it contactless. Place treats or individual goodie bags on your porch, steps or a table in the driveway, or hang treats from a wall or fence.
    - Greet trick-or-treaters from behind a storm door or window.

- Use creative decorations to create a buffer on your porch.
- If you go to a Halloween gathering:
  - Don't go if you feel sick at all, or if more than 10 people will be there. Check your temperature before you leave the house and monitor for COVID-19 symptoms.
  - Bring your own food and drink, and avoid potluck or family-style meals.
  - Wear a face covering, bring hand sanitizer and keep your distance from people who are not part of your household.
- You can help lessen potential strain on our community's health care system this fall and winter by getting a flu shot by the end of October. Getting a flu vaccine means you're less likely to get sick or spread flu viruses to others.
  - Getting a flu shot helps you and your friends, family and neighbors stay healthy.
  - Fewer people with the flu means hospitals can more easily treat patients with COVID-19 and other illnesses and emergencies.
  - Getting a flu shot doesn't guarantee you won't get the flu, but it helps. Just like wearing a helmet or seat belt helps keep you safer if you're in an accident.
  - Flu vaccines reduce the chances you'll get flu, and if you do get sick, they can make your illness less severe.