
This is a Public Service Announcement.

A group of Community Healthcare Leaders, Ainsworth Community Schools, City of Ainsworth, Brown County Sheriff and a representative from the Ainsworth Ministerial Association met at the Brown County Hospital on Wednesday March 11th, to discuss the concerns that everyone in our community has regarding COVID-19 and the impact it may have on our community. The group met again on Wednesday, March 18th. Each entity mentioned above continues working closely with the North Central District Department of Health and Human Services and monitoring closely CDC recommendations regarding the virus.

The situation has changed dramatically in the last week and we are now asking community members to practice social distancing, which includes meetings no larger than 10 people and six feet apart when possible. Everyone is also being asked to limit any unnecessary travel. It is important that the community continues to self-monitor their symptoms. Symptoms of COVID-19 are Fever of 100.4 and above, Cough or Shortness of breath.

Be proactive:

- Avoid close contact with people who are sick
- Take everyday preventive actions
 - Clean your hands often
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - Avoid touching your face, nose, eyes, etc. these are the easiest ways to transmit a virus
 - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
 - Practice social distancing including meetings of 10 or less and 6 feet apart.
 - Refrain from unnecessary travel

We are in close contact with NCDDH and will ensure you that should the facts change we will be reaching out to you.

If you experience any the symptoms listed, please call the Brown County Hospital and you will be directed on how to proceed.