



With the number of COVID-19 cases increasing—please share one simple message with everyone you know:

Dear Friends,

Thank you for your support and cooperation during this COVID-19 pandemic. The response of our community to do our individual part to protect our most vulnerable populations has helped keep the number of hospitalizations and deaths low in our health district.

In recent days, the Bear River Health District has seen an increase in the number of new COVID-19 diagnoses in our community. Although this is a concern, we have been fortunate to keep our hospitalization rates low and assure that there is adequate space in our hospitals to care for those that are most severely impacted by this illness.

As we move forward with changing guidelines, we want to continue to protect our valuable health care resources and assure that those who may need medical treatment have access to care. The way we can accomplish this is by encouraging individuals to take personal responsibility. We realize that many people are confused about what they can do to reduce the spread of COVID-19. As such, I am asking you to share one simple message with anyone you come in contact with; your family, friends, neighbors, and coworkers:

1. **Low Risk Does Not Mean No Risk.** We know we have to learn to live with this virus. How we do this will make the difference. We must take personal responsibility to be proactive to do the things we know will help limit the spread of this virus. This includes:
 - a. **Stay home if you are sick.**
 - b. **Practice good hand hygiene** including handwashing.
 - c. **Maintain social distancing** in work, social, and extended family settings, especially indoors.
 - d. **When social distancing is not possible, wear a face covering.**

I urge you to please share these messages with as many of your friends and relatives as possible in your conversations and social media. If each of us shares this simple message, we can collectively get the word to almost everyone in our community, which will help minimize the potential impacts of COVID-10.

Sincerely,

Lloyd C Berentzen, MBA
Director, Bear River Health Department