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FOR IMMEDIATE RELEASE

Taney County Health Department (TCHD) Encourages Returning Spring Break Travelers to Self-Quarantine for 14 Days
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The Taney County Health Department (TCHD) is advising people who have travelled outside our area to self-quarantine for 14 days. Individuals should stay home, avoid contact with others, and monitor for symptoms. Symptoms include: fever, cough, and shortness of breath. If a traveler should have any of these symptoms, please contact your healthcare provider. TCHD recognizes that this may be a hardship for some but is essential to preventing the spread of COVID-19 in our community.

We have had many questions about what the difference is between quarantine and isolation, and social distancing. Here are the Center for Disease Control and Prevention (CDC) definitions of each:

Quarantine: Separates and restricts the movement of people who may have been exposed to a contagious disease to **SEE** if they become sick. The quarantine period for COVID-19 is 14 days.

Isolation: Separates sick people with a contagious disease from people who are not sick. Sick individuals should restrict themselves to one room to avoid infecting others in their household. All areas they come into contact with should be routinely disinfected according to the directions on the container. A list of disinfectants approved for COVID-19 is on the TCHD website.

Social Distancing: The act of deliberately increasing the physical space between people to avoid spreading illness. This includes not going places with other people. If you must be around others, stay a minimum of 6 feet apart.

TCHD is strongly encouraging residents to follow President Trump's 15 Days to Slow the Spread Guidelines [Coronavirus.gov](https://www.coronavirus.gov)

The TCHD applauds the City of Branson for passing an ordinance and Hollister for declaring a state of emergency to keep gatherings to no more than 10 people including bars and restaurants.

For more information, call our office at 417-334-4544 or 417-546-4725. Checkout our website www.taneycohealth.org Like and share our information on Facebook

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.