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FOR IMMEDIATE RELEASE
Date: March 24, 2020

Contact: Jo Ann Spaulding
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UPDATED: COVID-19 Situation Report and Guidance

As of Monday morning, March 24th, there is still only one positive case of COVID-19 among Dubois County Residents.

The city and county governments, health care providers, and multiple employers throughout our community are working tirelessly to help prevent the local spread of this virus. This pandemic has forced a serious disruption in our lives, and sacrifices have had to be made. These steps are necessary to protect the health of our families, and the community as a whole. We know this is a difficult time for everyone, on so many levels: mentally, physically, financially, spiritually, and emotionally.

The Dubois County Mental Health Committee Community Support Team is sharing some tips to help manage your stress and anxiety in this time of uncertainty.

3 basic tips to assist you at this time are:

- **Control what you can**
- **Limit your exposure to the media and get information from reputable sources**
- **Practice Self-Care and Positive Coping**

If you are in need of additional support, please know help is available by contacting one of the 24/7 help lines:

Memorial Hospital Mental Health Help Line 812-827-6222

LifeSpring Health System Crisis Line 812-482-4020

The Dubois County Health Department is committed to prevention efforts that promote and protect our communities health by serving with dedication, respect, and responsibility.



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On Monday March 23, Governor Eric J. Holcomb issued a 2-week Stay at Home Order for the state of Indiana to reduce the spread of COVID-19. This statewide order goes into effect March 25 - April 7. Residents of Indiana are mandated to remain in their homes, except for necessary work, taking care of others, obtaining essential supplies and services, for health and safety, and for outdoor activity while maintaining social distancing.

This order does include withholding from visiting family and friends, unless a family member needs medical or other essential assistance, such as adequate food supply.

Essential businesses and services may remain open at this time. These businesses and services are encouraged to promote health and safety to customers and employees, such as but not limited to restricting hours and social distancing policies.

Non-essential businesses must cease operations for the duration of the Governor's order.

Staying home is critical to reducing the spread of COVID-19 in our community. If this order is not followed, the Indiana State Police will impose local law enforcement to enforce this order. The Indiana State Department of Health and the Alcohol and Tobacco Commission will enforce restaurant and bar restrictions.

For complete information on Governor Holcomb's executive order, in addition to explanation of essential and non-essential businesses, please visit www.IN.gov.

Indiana will open a call center, the Critical Industries Hotline, on Tuesday, March 24, 2020 at 9 a.m. to help guide businesses and industries with the executive order.

You can contact the Critical Industries Hotline at 877-820-0890 or by emailing covidresponse@iedc.in.gov. This call center is for business and industry questions only.