

Dear Members of Our Community,

Between 3/10/20-3/15/20, individuals may have been exposed to COVID-19 at *Mohave County Library-Kingman*. Any individual who may have visited during this time period should self-monitor for COVID-19 compatible symptoms (fever, cough, and shortness of breath) through 03/29/20.

COVID-19 is respiratory illness that is spread through coughing, sneezing, and contact with mucus or saliva from the nose, mouth, or throat of an infected individual. Respiratory virus outbreaks, such as COVID-19.

Older individuals and those with chronic medical conditions are at higher risk for severe illness from COVID-19. If you are at higher risk for serious illness from COVID-19, it is critical for you to take actions to reduce your risk of getting sick with the disease.

You can take the following precautions to protect yourself from respiratory illnesses, such as COVID-19:

- Take everyday precautions to keep space between yourself and others
 - Avoid close contact with people who are sick.
 - Take everyday preventive actions, such as:
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
 - Avoid touching your face, nose, eyes, etc.
 - Clean and disinfect your personal area to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
- If you develop acute respiratory illness symptoms, such as a fever, cough, or shortness of breath, please notify your healthcare provider.
- If you visited during the time frame above and develop symptoms of respiratory illness, please talk to your healthcare provider.

If you have any additional questions, please follow up with your healthcare provider.

Sincerely,

Mohave County Library