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CONTACT: Kamlesh Kaur  
PHONE: (209) 558-6833

## **Stanislaus County Announces Third Case of COVID-19**

Residents can slow disease spread with simple, everyday behaviors

**Stanislaus County** - Stanislaus County Public Health received confirmation that an adult male resident of the county has tested positive for the novel (new) coronavirus. He was a contact to a confirmed case from another county. Further information about the individual will not be released for reasons of medical privacy.

Stanislaus County residents, students, workers, and visitors should practice good health hygiene. Healthy people should not be excluded from activities based on their race, country of origin, or recent travel. Anyone with respiratory symptoms, such as a cough, sore throat, or fever, should stay home, practice proper cough etiquette and hand hygiene, and limit their contact with other people. If your symptoms become more severe and you need medical attention, call your provider first.

The best way to reduce your risk of getting sick, as with seasonal colds or the flu, still applies to prevent COVID-19:

- Wash hands with soap and water for at least 20 seconds;
- Cover your cough or sneeze;
- Stay home if you are sick;
- Get your flu shot to protect against flu or symptoms similar to COVID-19;
- Try alternatives to shaking hands, like an elbow bump or wave; and
- If you have recently returned from a country with ongoing COVID-19 infections, monitor your health and follow the instructions of public health officials.

There is no recommendation to wear masks at this time to prevent yourself from getting sick.

You can also continue to prepare:

- Make sure you have a supply of all essential medications for your family;
- Make a childcare plan if you or a care giver are sick;
- Make arrangements about how your family will manage a school dismissal; and
- Make a plan for how you can care for a sick family member without getting sick yourself.

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This situation continues to change rapidly. For the most up to date information, please visit

CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

CDPH:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

Stanislaus County Public Health: <http://schsa.org/PublicHealth/pages/corona-virus/>

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