

Good afternoon, everyone -

I wanted to provide an update on COVID-19 in our region as we look toward the weekend.

North Dakota currently reports 65 positive cases of COVID-19, with 10 of those cases within Cass County. Sadly, the death of a male in his 90's with underlying medical condition(s) has just been reported in the county.

Following is the full content of the press release from Fargo Cass Public Health about this case and about prevention:

Fargo Cass Public Health Urges Residents to Remain Vigilant in Practicing Prevention Measures after Announcement of Community Spread of Coronavirus

FARGO, N.D. (March 27, 2020) – Fargo Cass Public Health (FCPH) continues to monitor and respond to the coronavirus (COVID-19) pandemic in partnership with the North Dakota Department of Health (NDDoH). On Friday, March 27, NDDoH reported the first death of a North Dakota resident due to COVID-19. The death occurred in a man in his 90's from Cass County who had underlying health conditions and acquired COVID-19 through community spread, meaning the source of the infection was unknown. FCPH Director Desi Fleming says, “Our thoughts and prayers go out to the loved ones of the man who passed away.”

FCPH understands this announcement may increase health and safety concerns and reminds the community that the basic prevention measures to slow the spread of COVID-19 remain the same:

- Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use 60% alcohol hand sanitizer
- Stay home when you are sick
- Avoid close contact with those who are sick
- Cover your cough and sneeze
- Disinfect frequently touched surfaces

Additionally, the community as a whole is urged to follow the practice of social distancing, which means deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens the risk of exposure to COVID-19. Proper social distancing protocol also includes avoiding unnecessary shopping trips and travel, avoiding gatherings

of more than 10 people, working from home and using take-out or drive-thru options for dining out.

Anyone experiencing symptoms of COVID-19 and needing to seek medical care should contact their healthcare provider **before** arriving at the clinic or office. This allows the provider necessary time to conduct the COVID-19 screening and provide further instruction, if necessary.

For questions related to COVID-19, the North Dakota Department of Health hotline is available seven days a week, 7 a.m. to 10 p.m. and can be reached at 1.866.207.2880.

FCPH also reminds the community to rely on credible sources of information related to COVID-19, including [ND Response](#), [North Dakota Department of Health](#) and [Centers for Disease Control and Prevention](#).

Visit www.FargoCassPublicHealth.com/coronavirus to learn more.

If you have not yet been practicing the prevention measures listed above, now is the time to start.

Take care - and stay healthy -

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