



Statement on Coronavirus (COVID-19)

Due to the City of Guymon's proximity to states with a high volume of reported cases of the respiratory illness now called COVID-19. The virus is similar to the common cold but can cause more severe symptoms in the elderly and those in poor health.

As it is also cold and flu season, we encourage everyone to take these preventive measures:

- wash hands often with soap and water or use a hand sanitizer
- get comfortable with elbow bumping when greeting friends (rather than handshaking)
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid contact with people who are sick
- stay home while you are sick
- cover your mouth and nose with a tissue, sleeve, or face mask when coughing or sneezing

Additional information about COVID-19 and other infectious diseases can be found at:

[Oklahoma Health Authority](#)
www.ready.gov/pandemic
[Center for Disease Control and Prevention](#)