

Crawford



County

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### FOR IMMEDIATE RELEASE:

April 8, 2020

### CONTACT:

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Crawford County Commissioner  
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### **CRAWFORD COUNTY COVID-19 POSITIVES RISE** ***Mitigation and prevention are still the best ways to stop this virus***

**MEADVILLE, PA** – Crawford County residents testing positive for the COVID-19 virus continue to rise. All 11 individuals are at home resting and recuperating.

In accordance with the Governor's direction and recommendations from the PA Department of Health, please try to get groceries once per week instead of daily and send only one person, not they whole family. Consider also getting groceries for neighbors or those over 60 who are more susceptible to contracting the virus. Please wear a mask when you are around other people. Your mask protects other people and their mask protects you from contracting the virus. Freedom of travel for essential reasons remains, but you must refrain from non-essential travel. Essential travel includes things like commuting to an essential job, picking up supplies like groceries and medicine and checking on family and pets in other households. Do not host or attend gatherings. In order to not overwhelm doctor's offices, emergency medical services or the hospital, please follow these recommendations from the Center for Disease Control ([www.CDC.gov](http://www.CDC.gov)).

We know these can be difficult times for everyone. The Department of Human Services (DHS) announced a statewide Support & Referral Helpline staffed by skilled and compassionate personnel who will be available 24/7 to assist Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs. The toll-free, round-the-clock support line is officially operational. The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.

There are also many other resources that remain available to Pennsylvanians in need of support, including:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text "PA" to 741-741
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990

- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- National Domestic Violence Helpline – 1-800-799-7233

All of us have the opportunity to lessen the impact of COVID-19 in Crawford County if we practice the measures outlined from the PA Department of Health: please wash your hands often with soap and water for at least 20 seconds; use an alcohol-based hand sanitizer if soap and water are not available; cover any coughs or sneezes with your elbow, instead of with your hands; clean surfaces frequently, including countertops, light switches, cell phones and other frequently touched items. Finally, if you are sick, stay home until you are feeling better. We understand that staying at home and practicing mitigation efforts is difficult, but we all must do everything in our power to slow the spread of COVID-19 in Crawford County. The more we practice these mitigation efforts, the sooner we will see cases of COVID-19 decline and the sooner the restrictions may be lifted. Thanks for doing your part!

Stay Calm . . . . Stay Home . . . . Stay Safe . . . . and Wear a Mask!

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