

Crawford



County

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### FOR IMMEDIATE RELEASE:

March 30, 2020

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### **CRAWFORD COUNTY PREPARES FOR COVID-19 PANDEMIC** *Mitigation is still the best way to stop this virus*

**MEADVILLE, PA** – Crawford County Commissioners reported today that individuals testing positive COVID-19 has risen to five. That notification indicated that the Individual is at home and in isolation. Commissioners would like to provide the below information for adults to help children cope with the current pandemic.

#### **WHAT CAN YOU DO?**

- Make yourself available to listen and to talk. Be sure children know they can come to you when they have questions or to express their fears.
- Avoid large crowds and traveling. We strongly encourage the suspension of large gatherings, events, conferences and traveling to recreational activities like gyms, movie theaters and shopping malls.
- Continue to encourage healthy habits. Practice good self-care to ensure your body is getting the proper nutrients from fruits, vegetables and getting enough sleep.

#### **HOW CAN YOU TALK TO YOUR CHILDREN?**

- Remain calm and reassuring. Children are often trusting with adults. It is important to lead by example and remain calm to not pass fear.
- Teach children everyday actions to reduce the spread of germs. This is an opportunity to create healthy habits. Remind children to cough or sneeze into a tissue or elbow and to wash their hands frequently while singing “Happy Birthday” twice, or for 20 seconds.
- Keep it simple while providing accurate information. Give children information that is truthful and appropriate for the age and developmental level of the child. Avoid making assumptions about who might have COVID-19.
- Pay attention to what children see or hear on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

- If you, your child in your family is sick, stay home until you are feeling better. In addition, frequently clean commonly touched surfaces in your home such as countertops, light switches and cell phones.

**Resources for more information**

DOH – <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

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

American Academy of Pediatrics – <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/#Information>

With the number of positive cases doubling in the State in recent days, the Commissioners urge residents to follow these basic rules of hygiene from the PA Department of Health, Dr. Rachel Levine, and the Governor of Pennsylvania; 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, do not use 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.

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