

## NEWS RELEASE

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**Contact:** Katie McKinley  
Director of Communications  
Electra Hospital District  
(940) 495-3981  
katie.mckinley@electrahospital.com

### **COVID-19: What to Do and How to Prepare**

ELECTRA, TX – The coronavirus is disrupting daily lives all across the United States and the world. You have probably already received emails on the topic, seen daunting articles on social media, or heard about the grocery store frenzy sweeping the nation. The Electra Hospital District encourages you not to panic, but instead educate yourselves on the virus and what you can do to prepare and help prevent further spread of germs.

The Centers for Disease Control and Prevention are recommending those living in areas with minimal-to-moderate risk of the virus carry out a few basic measures to stay aware and alert.

These include:

- Monitoring local information about COVID-19.
- Practicing good hygiene and sterilization habits.
- Gathering a two-week supply of any necessary or potentially necessary medications, foods, and other essentials.
- Establish communication plans with others (friends, family, co-workers, etc.).
- Make plans for childcare, healthcare, and to work from home, if possible.
- Plan to stay home to avoid groups and potential exposure if you have an increased risk of severe illness.

Additionally, scammers are finding new ways to steal your personal information due to the overwhelming amount of news surrounding COVID-19. Some scams are claiming to be from medical or government organizations that have vaccines and cures for the virus, requiring payment over the phone. We're also seeing charity and investment scams.

If there were a cure, charity, or investment opportunity, you would hear about it through mainstream outlets. Please be weary of phone calls and emails from numbers and addresses you don't recognize offering special deals or over-the-phone payments. In order to protect yourself, look for grammar or spelling mistakes and don't open emails or click on suspicious looking links.

For more on COVID-19 and the latest information about the virus, please visit our website: [electrahospital.com/covid-19](https://electrahospital.com/covid-19).

*Electra Hospital District wants to be viewed as the best in the communities it serves—whether through the delivery of healthcare needs, as an employer, or as a community member. Holding*

*itself to the highest standards of quality in all it provides, Electra Hospital District encourages employees to be active at the community level and to strive to be examples of service not only to patients, but also to surrounding communities. When it comes to your healthcare needs, Electra Hospital District is your community resource for top-quality care. For more information, please visit [www.electrahospital.com](http://www.electrahospital.com).*

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