

April 3, 2020

Dear Fellow Citizens of Lampasas,

Hello again. This is Georgia Hay, MD, your Lampasas County Local Health Authority. I am writing to you to update that we do officially have our first case in Lampasas County. This is not a shock or a surprise, but it does provide even more evidence we need to continue to push to stay at home and physically distance from others to reduce the spread. We are also asking those with COVID-19 in their homes to quarantine the entire household per the health department. I am trying to reach out to those affected to make sure they have what they need and to see about other potential exposures in our community. I want to assure those affected by the virus that none of their personal information will be released. I know emotions and anxiety are running high right now, but I can honestly say it could easily be spread without knowing you are sick and no one should be angry with those affected. I would like to remind that those who are being tested and the members of their household also need to be quarantined at home (not leave at all) until we get results back to avoid other potential exposures. I am hoping to see the wonders of a small community to help and front porch deliveries made to those in need.

I also want to thank those working tirelessly to prepare our community for this pandemic. Everyone is working hard for your safety. I assure you that if you see a nurse out getting groceries in scrubs, if he or she had any contact with a COVID-19 suspect patient, he or she would not be out at the store. We are all making our own make shift decontamination areas in our homes or as we leave work and quickly changing before being out. (Sometimes clean scrubs are just easier) All those working in medicine are extra vigilant to keep our friends, families, and communities safe.

I also know that several congregations are planning to do "parking lot" church coming soon. It becomes almost emotionally overwhelming when we see those we love and support. I understand the importance of these gatherings, and I understand how important our spiritual health is to our emotional, mental, and physical health. I implore those who attend keep with our physical distancing to stay safe. I also want to remind those that if they are not feeling well I wouldn't recommend going even if you are staying in the car. Stay home. Stay safe.

Sincerely,

A handwritten signature in blue ink, appearing to read "G. Hay", is written over a faint, light-colored circular stamp or watermark.

Georgia C. Hay, MD