June 17, 2020

Dear fellow citizens of Lampasas County,

We are experiencing an increase in cases, both in our county and surrounding areas. As of Monday morning, we have 7 new cases in the past 72 hours, five of which are active. We are making our best effort to contact those exposed, but this is now much more prevalent in our community. I know many of us are “done with coronavirus”, but I assure you it isn’t done with us. We need to continue to practice safe physical distancing and limiting our contacts. Wearing face masks really does help. It protects others from you if you have mild symptoms or no symptoms at all. We still recommend staying home if you are sick, but this is a very difficult disease due to the wide variety of symptoms. Many people think it’s just allergies. I would encourage people to reach out to their doctor and get tested so we can track, trace, and protect the vulnerable people in our communities. We also have the risk of exposure at our workplaces that can affect a lot of people. Many people may live in another county where there may be more people with COVID-19, but work in Lampasas county. Your employers can contact me or Region 7 Health Department or the CDC website to help with recommendations on what to do. I do understand the need to work during these hard times, and I think some businesses have done this very successfully and kept their patrons and staff safe. We can learn from those businesses and apply those practices to our work and personal lives to move around as safely as possible. I do see this as everyone’s responsibility to protect our community, families, and friends. I pray you all stay healthy.

Sincerely,

Georgia C. Hay, MD

On behalf of the Lampasas Emergency Planning Committee