

August 7, 2020

For Immediate release

Miami County Public Health COVID-19 Update

Miami County – Miami County is still at an Orange #2 Risk Level. This is due to Miami County meeting the criteria for 2 of the 7 Alert Indicators:

- 50+ cases /100,000 population within last 2 weeks
- More than 50% of new cases are from non-congregate care living

This risk level indicates increased exposure and spread of COVID-19. It is advised that community members exercise a high degree of caution and follow all current health orders. Limit events over ten people and non-essential activities as much as possible.

For more information on the Public Health Advisory System visit:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/public-health-advisory-system/>

Since July 24th, 2020, there have been 191 new COVID-19 cases, 12 new hospitalizations and 4 new deaths. This brings the total number of COVID-19 cases in Miami County to 819, with 642 confirmed cases and 177 probable cases, with 82 hospitalizations and 38 deaths.

Since the beginning of the COVID-19 pandemic, there has been a great deal of information gathered on the virus, but there is still a lot we don't know. There has also been a lot of false information being shared among various social media platforms and other outlets. With the help of the Cleveland Clinic, here are some common myths about COVID-19:

Myth #1: Wearing a cloth mask is no use.

Wearing a homemade cloth face mask is an easy way you can help protect others in your family and community.



COVID-19 is thought to mainly be spread through viral droplets that come out of people's nose or mouth when they cough, sneeze or talk. Cloth masks act as a physical barrier to keep large droplets from spewing out into the air, where someone else could breathe them in and become infected.

Studies have demonstrated that cloth masks reduce the number of microorganisms that someone releases into the air. So the more people wear masks in an area, the fewer potential viral droplets go into the space, and the less risk that someone will be exposed to the virus.

Myth #2: If I'm not sick, I don't need to wear a mask.

The thing is, we've learned that not everyone who gets infected with the coronavirus gets sick. These people can then unknowingly pass it on to others when they cough, sneeze or talk. This is thought to be a major factor in the quick spread of the virus.

So, because we don't know for sure who's infected, the best option is for all of us to wear masks. It's an act that contributes to a greater public good. It shows that we care for one another.

Myth #3: If I wear a mask, I don't need to social distance or stay home.

Masks are just one piece of the strategy for preventing the spread of the coronavirus. Unfortunately, they won't prevent anyone from coughing or sneezing on you, and they may not prevent you from getting sick.

So it's important to follow all the recommended steps for protecting yourself, including practicing proper social distancing when you're around others, not gathering in large groups and washing your hands frequently.

Myth #4: My mask just needs to cover my mouth.

A mask should cover your mouth and your nose. It should be snug but comfortable against the sides of your face, and you should be able to breathe without restriction. Choose one that secures with ties or ear loops. Don't wear your mask around your neck or chin, or over your head, that doesn't protect anyone.

Myth #5: Wearing a mask will make me sick.

There's been some speculation on social media that wearing a mask can cause you to rebreathe the carbon dioxide you exhale and make you sick. While inhaling high levels of carbon dioxide is





dangerous, this is very unlikely to happen from wearing a cloth face mask, especially if you're only wearing it for short periods of time.

MCPH wants everyone to stay healthy and help slow the spread of COVID-19. Remember, keep practicing safe social distancing and wear a face covering when you are out in public. It is also vital that individuals with symptoms, or if you live with someone with symptoms, stay home. Please do not attend social gatherings or events. These are the only steps we can take to slow the spread.

MCPH will continue working to keep the community safe and informed as the COVID-19 situation continues to evolve in Miami County.

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