



Dear State of Missouri Team:

I think it goes without saying that Missourians are ready for life to return to “normal.” In many ways as a state, we are getting there. It is all thanks to the prevention measures Missourians have been taking for months now. But we can’t stop now. We must remain vigilant.

I practiced medicine for 30 years. After a surgery, my patients would often be eager to know when they could resume normal physical activity. I always had to tell them that even though they were recovering nicely, they would be taking a risk if they resumed normal activity too early which could set back their recovery.

In many ways, COVID-19 reminds me of these conversations with patients.

We have learned so much about this emerging disease this year. One thing we have learned as we have expanded testing access is that the virus can be transmitted among people who do not have COVID-19 symptoms. We have also learned that as many as 50 percent of positive cases in the country do not know the source of their infection. (Learn more about community testing events below.)

You may feel “fine.” Your family and friends may feel “fine.” But, the fact is that COVID-19 is still here. Without proper precautions in place, we could be unknowingly spreading the virus. This could end up infecting someone who is unable to fight the virus off.

Wash your hands well and often. Maintain 6 feet of distance between you and others. Wear a face covering, especially when social distancing is difficult to maintain.

Please continue to do your part, even if you feel just fine. If we all do this together, we can achieve that “normal” we are looking for much sooner.

In good health,

Dr. Randall Williams Director, Department of Health and Senior Services

P.S. For those of you in the Jefferson City area, we are partnering with the Missouri National Guard and Cole County Health Department to provide free testing at 1616 Industrial Drive through this Thursday, July 9, to those who register online at awb://health.mo.gov/communitytest. You do not have to be experiencing symptoms to be tested. The only requirement is Missouri residency. We continue to schedule testing events all over the state, so stay tuned to this website for the most up-to-date schedule.