



Dear State of Missouri Team:

As we continue to fight the spread of COVID-19 in Missouri, we ask you to do your part. Please remember these basics and urge your family to do so also:

Stay clean...

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wipe down surfaces like doorknobs, handles, and table tops with an approved cleaner to kill the virus.

Avoid contact...

- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick – those who are older and who have preexisting health conditions. <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>. But remember that COVID-19 can cause serious illness, regardless of your age.
- If you have a fever or feel ill, stay home and isolate yourself from your family or roommates. You don't want to risk infecting them. Then call your medical provider and follow their advice.

Most of our work lives have been disrupted. Some colleagues, who just a few weeks ago had a regular schedule, have worked around the clock. You all are trying to make a positive impact on Missourians across the state in the midst of great uncertainty.

Especially during challenging times like this, I want to also remind you the importance of self-care. This includes any intentional actions you take to care for your physical, mental, and emotional health. You cannot take care of others if you first don't take care of yourself. The Department of Mental Health has helpful tips and tools here: <https://dmh.mo.gov/disaster-services/self-care>.

Remember, for more information on COVID-19 in Missouri, including tips to protect yourself and your family, see:

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>.

Lastly, if you have any questions about State of Missouri policies, visit:

<https://oa.mo.gov/personnel/state-team-member-resources>.

Thank you for how hard you work every day to help our fellow citizens. We are one Missouri.

Sincerely,

Randall Williams, MD, FACOG

Director, Missouri Department of Health and Senior Services

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