

The health and safety of our citizens is very important. In abundance of precaution, we are asking that if you are sick, elderly or have heart and lung issues that you stay home to help reduce the spread of COVID-19. We have no confirmed cases in Cottle County at this time but there are some things you can do to help reduce the risk of contracting the virus.

1. Avoid contact with people who are sick.
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
3. Avoid touching your eyes, nose and mouth.
4. Clean and disinfect frequently touched objects and surfaces.
5. Stay home when you are sick, except to get medical care if absolutely needed.
6. Wash your hands often with soap and water for at least 20 seconds.

To the **elderly** citizens of Paducah and Cottle County:

Since the elderly and residents with heart and lung issues are at the greatest risk of contracting COVID-19. The City of Paducah, Cottle County, Paducah FD and Cottle County EMS want you to know that if you don't have family or friends to assist you with retrieving basic groceries, household supplies, or medicines and don't want to expose yourself in public areas feel free to call for assistance.

County Judges Office 806-492-3613

City of Paducah Office 806-492-3713