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*McLennan County*

## Health District Identifies Main Cause of Recent COVID-19 Spread

(June 29, 2020) COVID-19 is rapidly spreading in McLennan County. The Waco-McLennan County Public Health District has identified that the main cause of recent spread is due to social activity. You are more likely to be exposed to COVID 19 from someone you know, who doesn't know they have it, than a stranger. There were 23 family and friend related clusters reported last week. Spread can occur at family gatherings or between friends meeting for dinner. Special occasions are especially risky because people are unlikely to make social distancing and mask use part of these events.

With the 4<sup>th</sup> of July weekend, it is important to celebrate safely. Social Distancing is the best strategy when you are socializing with your family and friends. A person can be contagious and capable of spreading COVID-19 before they are symptomatic. Keeping 6 feet apart from others, wearing a mask, washing hands often and disinfecting high-touch areas are essential to slowing the spread.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you develop any of these symptoms, please contact your healthcare provider to determine if you have COVID-19.

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