



**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **Community Urged to Stay Vigilant against COVID-19**

*Knox County Hospital District provides the latest information about staying safe and healthy.*

KNOX CITY, Texas (June 4, 2020) – As Texas communities ease restrictions imposed to slow the spread of COVID-19, local healthcare providers are asking Knox County residents to continue taking steps to protect their health.

“While the state is back open to business, the fact remains that COVID-19 continues to be a serious health threat to all Americans,” says Stephen Kuehler, CEO of Knox County Hospital District. “We must all continue to take appropriate measures to protect ourselves and our families. That includes focusing on the current state of your health.”

The Centers for Disease Control and Prevention (CDC) reports that more than 50,000 Texans have tested positive for COVID 19; and nearly 1,500 Texans have died of complications from the illness.

According to health officials, the novel coronavirus is transmitted primarily from person to person, social distancing is one of the most important ways that you can limit your risk of getting ill or spreading the virus. Many of those who are infected with COVID-19 can be infectious for several days before experiencing symptoms.

Those most at risk of developing severe illness from COVID-19 are those with weak or compromised immune symptoms and the elderly. Limiting time spent in public to necessary errands and washing hands frequently are important ways to reduce the risk of exposure.

Symptoms of COVID-19 can include fever, cough and shortness of breath. Those who have been in close contact with someone who has been diagnosed with COVID-19 are also asked to seek medical advice.

If you suspect you have been exposed to COVID-19 or are experiencing any symptoms, Kuehler says that you should not go directly to the hospital or clinic but rather call your healthcare provider or the clinic first to determine what to do next.

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Kuehler says that while it is important to take precautions to limit the spread of COVID-19, it is important to take care of your wellbeing. Many people have chosen to delay care for health issues during the pandemic.

“When it comes to healthcare, you should never put it on the backburner,” Kuehler says. “I hope that everyone in our community can take comfort knowing that Knox Hospital and the local clinics have the appropriate safety measures in place and our providers are ready to see patients.”

Healthcare providers have urged that it is more important than ever to ensure that you are in optimal health. One great way to do that is by scheduling a yearly wellness exam at Knox City Clinic or the Munday Clinic.

Yearly wellness exams, covered by Medicare and most insurance plans, include a variety of routine screenings that allow your healthcare provider to assess your overall health, record any changes and detect signs of potential health issues. In addition, they allow your healthcare provider to recommend additional screenings and provide you with information that you can use to take charge of your health.

Both Knox City and Munday clinics offer a convenient choice for healthcare by cutting down on travel time for patients. Appointments can be scheduled for many services, including immunizations, comprehensive adolescent and adult health, Medicare screenings, women's health, obstetrics and annual wellness exams.

To learn more about local healthcare services, visit the Knox County Hospital District website at [www.knoxhospital.org](http://www.knoxhospital.org).

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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