



## Town of Bernalillo Fire and Rescue Department

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Fire Chief: Mike Carroll

### Attention Town of Bernalillo Residents!!

As you all are aware of the epidemic case of the Coronavirus outbreak that has now traveled to the United States, we should all take precautionary steps to protect ourselves and our loved ones.

According to the Centers for Disease Control and Prevention (CDC), and the New Mexico Department of Health people should take the following steps:

- The first, and best way to prevent contamination, is to wash your hands (for at least 20 seconds) regularly with soap and water. If you cough and/or sneeze, do so into your sleeve or in a tissue. If you do cough and or sneeze in a tissue, please make sure to dispose of the tissue in the trash. If possible, avoid being in contact with people who are sick.
- People are being asked **NOT** to wear facemasks to protect themselves from respiratory viruses. You should only wear a mask if a healthcare professional recommends it.
- If you become sick, it is best to stay home. If you do need to seek medical attention and/or already have a medical appointment, call ahead before visiting your healthcare provider and advise them of your symptoms. This will allow the office to take precautionary steps before your arrival.
- If you call for emergency medical assistance, and are having flu like symptoms, please advise the dispatcher so the emergency medical staff can be prepared upon arrival.

There is a list of “frequently asked questions” on the New Mexico Department of Health website at [nmhealth.org](http://nmhealth.org) for your review to better educate you about the coronavirus.

*We would like to encourage everyone to take precautionary measures to keep everyone healthy and safe.*