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Taos County  
COVID-19 Press Release  
April 19th 2020

TAOS COUNTY HAS NO NEW CASES ACCORDING TO DOH

**Update:**

As of 4:00 PM today, April 19th, 2020, according to the NM DOH website, the total number of positive cases in New Mexico is **1,845**.

As of 4:00 PM today, April 19th, 2020 Taos County has no new confirmed cases. To date, Taos County has had **15** positive cases.

NM DOH has reported that **487** individuals diagnosed with COVID-19 have now fully recovered.

As of today, the New Mexico Department of Health has confirmed **55** COVID-19 related deaths within New Mexico. The most recent cases are:

- A male in his 30s from Bernalillo County. The individual was hospitalized and had underlying health conditions.
- A female in her 80s from San Juan County. The individual was hospitalized and had underlying health conditions. The individual was a resident of the Life Care Center of Farmington.

NM Department of Health is reporting that there are **103** individuals hospitalized in New Mexico for COVID-19. This number may include individuals who tested positive for COVID-19 out of state but are currently hospitalized in New Mexico.

## **Please Stay at Home:**

Taos County is asking that people continue to follow the stay at home order.

We understand the difficulties that our community is facing right now. With the pandemic that has taken over so much of our lives we are asking that people continue to follow the direction given to us by our State and Federal leaders.

The ongoing effort to slow the spread of the virus is having an effect but it will take continued efforts to protect our friends and loved ones. The following are ways to help slow the spread:

- Stay at home. Only leave for essential reasons, such as getting groceries or prescription medications
- If you must leave your home, maintain 6 feet between you and other individuals
- If you are in an enclosed area where social distancing is hard, wear a cloth face covering
- Avoid groups of 5 or more people
- Wash your hands frequently with warm water and soap

## **What if I Feel Sick?**

**If you feel like you have the symptoms of the Coronavirus please call the state Coronavirus Hotline at 1-855-600-3453.** They will ask you questions and will give guidance on what step you should take next. This is a very busy hotline so you may not get through on the first attempt. Please be patient and follow their guidance.

Signs and symptoms of the Coronavirus are:

- Fever (100.4 F or higher)
- Cough
- Shortness of breath

Symptoms may also, but not necessarily, include:

- Runny nose
- Sore throat
- Headache
- General feeling of being unwell

For the most recent updates from the DOH please visit

<https://cv.nmhealth.org/newsroom/>

## How to Help Protect Yourself and Others:

The NM Department of Health along with the CDC and Office of the President are recommending a very proactive approach to help protect the public from the COVID-19 virus.

Below are the recommendations:

- **Wash your hands frequently with warm water and soap for at least 20 seconds (*sing your ABC's to help with the timing*)**
- If washing your hands is not an option use hand sanitizer that contains at least 60% alcohol
- Stay at home unless it is absolutely necessary
- Cover your mouth when coughing or sneezing
- **IF YOU FEEL SICK, STAY HOME**
- If a family member is sick, try and isolate them from the rest of the family as best as possible
- Utilize social distancing to limit your exposure; maintain a 6-foot distance between you and other individuals
- Avoid social gatherings if possible
- Avoid groups of more than 5 people
- Avoid contact with sick individuals
- **If you suspect you have symptoms of the COVID-19 virus please call the NM Coronavirus Hotline at 1-855-600-3453 to speak with a healthcare professional about what you need to do next. This is a very busy hotline so be patient and follow their guidance.**

For non-emergency or non-healthcare related questions please contact the Department of Health at 1-833-551-0518

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