



For Immediate Release
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JEFFERSON COUNTY UNIFIED COMMAND CENTER UPDATE FOR May 22, 2020

Birmingham, AL – The Jefferson County Department of Health (JCDH) will host an in-person News Conference Friday, May 22, 2020, at 2:00 PM to provide the Unified Command regularly scheduled update by Dr. Mark Wilson, Jefferson County Health Officer. The News Conference will be held outside of the Guy M. Tate (1400 Sixth Avenue South Birmingham, AL 35233) building. Today's update will include new Jefferson County Public Health Orders. Your help in disseminating this information is greatly appreciated.

In an effort to prevent the spread of COVID-19, please remember to wear a face covering and maintain social distancing. Please park in the upper parking deck.

The Jefferson County Unified Command (JCUC) and its partner agencies continue to help provide information, goods and services to the people of Jefferson County throughout the COVID-19 pandemic response. Dr. Mark Wilson, Jefferson County Health Officer, and Jim Coker, Director of Jefferson County Emergency Management Agency serve as the co-leaders of the Unified Command.

Memorial Day Safety

Now that we've been home away from others for an extended period of time, it's tempting to get together with larger groups during a holiday weekend such as Memorial Day.

Ensure you and your family are vigilant and practice necessary safety measures to protect each other from the virus. If travel plans are necessary, here are some steps you can take to protect yourself and others on your trip:

- Clean your hands often.
 - Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
 - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
- Wear a face covering in public places.
- Cover coughs and sneezes.
- Check state or local guidance to find out what food service options (for example, dine-in or curbside pick-up) are allowed at your destination.
- Check state or local ordinances on face coverings or other protective measures required for that area.

Anticipate Travel Needs

- Bring enough of your medicine to last you for the entire trip.
- Pack enough alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy to reach.
- Bring a face covering to wear in public places.
- Prepare food and water for your trip. Pack non-perishable food in case restaurants and stores are closed.
- If you are considering cleaning your travel lodgings, see CDC's guidance on how to clean and disinfect.

COVID-19 Shouldn't prevent you from enjoying the holiday. Here are some low risk activities that you and your family can participate in to enjoy the long weekend:

- Hiking
- Bike Riding
- Golfing
- Kayaking
- Other low contact outdoor activities

While participating in outdoor activity, stay 6 feet away from others ("social distancing") and take other steps to prevent COVID-19.

If a park, beach, or recreational facility is open for public use, visiting is okay as long as you practice social distancing and everyday steps such as washing hands often and covering coughs and sneezes. Follow these actions when visiting a park, beach, or recreational facility:

- Stay at least six feet from others at all times. This might make some open areas, trails, and paths better to use. Do not go into a crowded area.
- Avoid gathering with others outside of your household.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available.

Play it safe around and in swimming pools and keep space between yourself and others.

Swimming and other water-related activities are excellent ways to get the physical activity needed for a healthy life. If you are not sick or experiencing symptoms of COVID-19, it is safe to use swimming pools as long as steps are taken to reduce the spread of COVID-19:

- Practice social distancing by staying at least six feet (two meters) from others.
- Avoid large gatherings of more than 10 people.
- Keep your hands clean by washing hands with soap and water, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

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