



Health Officer

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Elkhart County Health Department

Lydia Mertz, MD
Elkhart County Health Officer

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As many of you know, Elkhart County is currently seeing an increase in the number of positive test results for Covid-19. Although some of that is because of the rise in the number of tests we have been able to do, that is not my only concern. As the state has opened up, the increased activities at work and other settings have allowed for the spread of the virus. We need to sustain significant changes in how we go about our everyday lives for the foreseeable future.

To keep businesses and activities open, and keep ourselves healthy, we have to maintain the safety features that lead to success. These are:

1. Wash your hands frequently during the day for 20 seconds with soap and water. If this is not available, use hand sanitizer with at least 60% alcohol.
2. I strongly encourage everyone who can to use a cloth face covering when you are out in a public area. Even if you are outside, if you are close to others, use a cloth mask. Many stores and businesses are requesting or requiring the use of these masks to protect their workers and customers, and we endorse these actions.
3. Keep distancing! Keep 6 feet between yourself and those around you as much as possible. Even when you are outside, you need to distance to prevent the spread of the virus.
4. Stay home if you are sick! The virus is most likely to spread when a person is just starting to feel ill. Don't wait to see if you get better or worse—just stay home and keep away from others.
5. Clean frequently touched surfaces often.

We know the virus continues to circulate in our community, and most of us are susceptible to the infection. Please commit yourself to these public health habits that are necessary for a safe recovery.

Lydia Mertz, MD
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Improving the Lives, Health and Environment of our Community



Public Health
Prevent. Promote. Protect.