

**JIMMY SYLVIA**  
COUNTY JUDGE



POST OFFICE BOX 939  
ANAHUAC, TEXAS 77514  
409-267-2440  
FAX: 406-267-4453  
[www.co.chambers.tx.us](http://www.co.chambers.tx.us)

## **THE COUNTY OF CHAMBERS**

May 18, 2020

I would like to thank the citizens of Chambers County who have worked hard and cooperated greatly during the COVID-19 crisis. Once again, the people of Chambers County have proven their resilience in the face of adversity in these most historic times.

As Texas continues to reopen, our Public Health Department in conjunction with other medical professionals and health departments throughout Texas have created a guidance document to navigate this new normal. In a show of commitment to your loved ones and neighbors, I am asking that you view this guidance as a commitment to slowing and containing the spread of COVID-19 in Chambers County. Just because we **can** do something, doesn't mean we should.

I hope the suggestions in the guidance will help you safely plan your daily activities. My goal is to keep you, your family, and this community safe as you resume your work and leisure activities. Let's continue to remain vigilant together.

Sincerely,

A handwritten signature in black ink, appearing to read "Jimmy Sylvia". The signature is fluid and cursive, with a large loop at the end.

Jimmy Sylvia  
Chambers County Judge

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### **Chambers County COVID-19 Health Guidance for the Public**

**1. Assume personal responsibility** – Public health guidance cannot anticipate every unique situation. Residents should take responsibility, stay informed, take actions based on common sense, and follow the guidance offered by health care experts.

**2. Do an honest self-assessment** – Perform an honest self-assessment before engaging in activities outside of the home. This should include **two** questions:

- Am I healthy enough to leave the home, or do I fall into a high-risk category, based on age or other medical conditions?
- Is there someone in my home, or someone I interact with on a regular basis, who falls into a high-risk category?

***If the answer to either of these questions is yes***, then exercise extra caution and discretion before leaving the home. Is it a want or is it a need?

**3. Perform protective hygiene, Distance yourself physically and Clean the environment** –

Chambers County residents should practice good hygiene and cleaning practices to minimize the risk of transmission of the virus. These include but are not limited to the following:

- a. Wash hands with soap and water for at least 20 seconds as frequently as possible or use hand sanitizer after interactions with people or objects
- b. Stay home if ill
- c. Cover coughs or sneezes with a tissue or do it into the sleeve or elbow, not hands
- d. Clean high-touch surfaces (buttons, door handles, counters, etc.) regularly
- e. Avoid touching your face
- f. Refrain from hand shaking—use an elbow bump
- g. Physically distance and keep 6 feet between people
- h. Wear a facial covering when out in public or when in the company of others.

**4. Assess the Risk** - Individuals should assess their risk and make decisions based on their specific circumstances. Those at high risk for COVID-19 (elderly, diabetic, etc.) and those around them should use extra precautions as outlined by the Centers of Disease Control and Prevention (CDC), Texas Department of State Health Services (DSHS), and Chambers County Public Health Department (CCPH).