



Smyth County, Virginia
121 Bagley Circle, Suite 100
Marion, VA 24354
(276) 783-3298 p

Atkins District
Chilhowie District
North Fork District
Park District
Royal Oak District
Rye Valley District
Saltville District

Charles E. Atkins
Michael L. Sturgill
Charles P. Stevenson
Kristopher S. Ratliff, DPh
Judy Wyant
Lori H. Deel
Roscoe D. Call

County Administrator
Assistant County Administrator

Shawn M. Utt
Alicia Richardson

COVID-19 is an unprecedented pandemic that has affected Smyth County's health, economy, and overall well-being. Smyth County has seen a spike in cases currently that began at the end of October. Smyth County saw its largest monthly cumulative case count with almost 400 cases in November. The average number of cases has reduced in the past week but we are still averaging 11 cases a day and for the health district 20.9% of the tests in the last 7 days are positive. This week the Mount Rogers Health District Director has warned of the possible increase that will be ongoing and is beginning to occur. It is still too early to determine how big the spike will be from the Thanksgiving holiday. With Christmas, New Years, and other holidays quickly approaching, it is time to consider the risk of COVID-19.

Mount Rogers Health District has announced that they can no longer keep up with the contact tracing of cases. This announcement puts more responsibility on individuals to follow the guidelines that the Virginia Department of Health (VDH) and the Centers for Disease Control (CDC) have prescribed:

- **Wear a Mask.** Wearing a mask has proven to reduce the spread of COVID-19, it's mandatory.
- **Physically Distance from others.** Reduce the amount of exposure that you have to non-household individuals.
- **Use Good Hygiene.** Wash your hands for 20 or more seconds to keep germs from spreading.
- **Clean high traffic areas.** Use disinfectant cleaner on high touch and high traffic areas to reduce germs.
- **Use contactless or curbside services for business.** Continue to support local business but order online, pick up curbside, or use a contactless service to go.
- **If you feel sick, get tested or contact your medical provider.** If you feel sick or start having symptoms, call your medical provider and get tested. **DO NOT** put others at risk of exposure. Monitor your symptoms and who you have been in contact with.

The Smyth County community has been challenged so many ways this year. Smyth County is asking the citizens to get involved and help in the fight against COVID. In addition to the guidelines:

- Call a neighbor and check in/stay socially involved but physically distant.
- Keep mentally stable, if you need help mentally, call a medical provider or the suicide hotline at 1-800-273-TALK (8255).
- Be active and continue to go on walks and exercise as possible.

As always, staying informed is important during any emergency. For more information visit www.coronavirus.gov for the CDC, www.vdh.virginia.gov for VDH, www.smythcounty.org for Smyth County. Follow Smyth County Public Safety for daily updates on Facebook (@SmythCountyPublicSafety), Twitter (@PublicSmyth), and Instagram (@SmythCountyPublicSafety).

Smyth County is considering additional responses to the recent spike of cases including changes to the operations of the administration facility. Further information will be released to inform citizens. Thank you!

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