Recently, numerous recommendations have been issued by various organizations to maintain social distance and limit the spread of COVID-19. One of the primary recommendations is to maintain a distance of six feet from others. However, due to limited supplies, testing is currently only available for individuals meeting strict criteria. Testing is by appointment only.

The CDC recommends prioritizing face-to-face interactions with members of your household and considering group activities carefully. It is also important to encourage others to follow these guidelines and not form new groups. This helps reduce the spread of the virus.

For more information, please visit the CDC website or contact the Capital City Fire/Rescue COVID-19 screening hotline, 586-6000, daily from noon to 6 p.m. A healthcare worker will help you complete the screening survey. If you qualify for testing, you will be contacted to arrange an appointment at the new CCFR drive-thru testing center at the Hagevig Fire Training Center.

In conclusion, maintaining social distance and following public health guidelines are essential in preventing the spread of COVID-19. It is important to continue to practice good hygiene, such as wearing face masks and washing hands frequently, while also following local and federal guidelines to stay safe during this pandemic.