



Health Officer

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Elkhart County Health Department

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Since the coronavirus pandemic started, many things we took for granted have changed. We still need to live our lives, but do it somewhat differently to keep our families and neighbors safe. Here are some tips to help with some of the new challenges we are all facing.

Car Pooling:

The less contact a person has with people outside their household (the people who live in the same house), the safer they are from contracting the virus and spreading it. But if you have to carpool, or otherwise spend time in close contact with others, there are things you can do to lessen the risk. If there are two people, one can ride on the passenger side in the back—as far apart from the driver as possible. Always wear masks when carpooling, and open the windows when possible. If you can't open the windows, turn the air in the car on in such a way, it only blows one direction and doesn't re-circulate.

Eating lunch with co-workers or friends:

We all miss the camaraderie of our friends and family. Using electronic communication is safest, especially when visiting with a person at high risk for severe diseases, such as elderly, or someone with a chronic medical condition, or who has a weakened immune system. If you choose to eat with someone, do so outside as much as possible, and maintain distancing. If you are visiting after eating, put a mask on to keep your co-worker or friend safe.

Weekend BBQ:

A traditional part of summer for many has been grilling outside. And outside is the safest place to be! Here are some tips to be as safe as possible when firing up the grill in these "COVID times." If you're inviting over friends or family who don't live in your house, take a look at your patio, backyard, park, or area where you plan to serve the food. Can chairs be spaced out a little more? Can food and drinks be spread out on a few tables placed in different areas, so everyone isn't huddled around one "food table"? Look at how many people you are inviting—can you relax and have fun with one other family, or a few other people instead of a big crowd? Also, remember if you are inviting older friends or family members, they are at higher risk, so please take extra care to protect them.

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