



Vernon Parish Police Jury
337-238-0324



Vernon Parish OHSEP
337-238-0815



Vernon Parish Sheriff's Office
337-238-1311

FOR IMMEDIATE RELEASE
April 7, 2020

Vernon Parish COVID-19 Update

On April 6, 2020 state and local officials held a teleconference to discuss the COVID -19 virus in Vernon Parish. Present on the teleconference were Senator Michael Reese, Representative Charles Owen, Commander JRTC and Fort Polk Colonel Ryan K. Roseberry, Vernon Parish Police Jury President James B. Tuck, Vernon Parish Sheriff Sam Craft, Vernon Parish District Attorney Asa Skinner, Vernon Parish Office of Homeland Security and Emergency Preparedness Director Kenneth Moore, Leesville Mayor Rick Allen, New Llano Mayor Carolyn Todd, Rosepine Mayor Donna Duvall, Anacoco Mayor Keith Lewing, Simpson Mayor Vickie Standifer, Hornbeck Mayor Clarence Beebe, Parish Administrator/Treasurer Rhonda M. Plummer, Parish Secretary Belinda S. Diehl, and Mr. Kevin Quinn and Dr. David Aymond from Byrd Regional Hospital.

Governor Edwards has extended his Stay at Home Order through April 30, 2020. The Vernon Parish Police Jury, the Vernon Parish Office of Homeland Security and Emergency Preparedness, and the Vernon Parish Sheriff's Office reminds residents to continue to follow the guidelines put in place by the federal and state governments.

- **Stay at home** as much as possible and limit your interactions with people outside of your household
- Limit the number of trips that you take for essentials – 1 person, once a week.
- The Centers for Disease Control recommends that you wear a face covering when going to crowded public places – such as grocery stores
- Stay at least six (6) feet apart from others while in public
- Wash your hands frequently for at least 20 seconds
- Do not visit friends and family if there is no urgent need – if you do, practice safe social distancing
- Do not visit loved ones in the hospital, nursing home, skilled nursing facility or other residential care facility, except for limited exceptions as provided on the facility websites

COVID-19 Mental Health Resources:

If you, or someone you know, is experiencing depression, fear, anxiety, or thoughts of suicide there are a number of resources available during this time of crisis. This is a difficult time for everyone, please reach out someone - call a friend, a family member, or try one of these help lines.

- Keep Calm During Covid-19: 1-866-310-7977
- National Suicide Prevention Hotline: 1-800-273-8255
- Centers for Disease Control Disaster Distress Helpline: call 1-800-985-5990, text TalkWithUs to 66746, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- National Domestic Violence Hotline: call 1-800-799-7233

COVID-19 Resources:

- Louisiana Department of Public Health: <http://ldh.la.gov/Coronavirus/>
- COVID-19 questions are being answered by the **Louisiana 211 Network – dial 211 or text 898-211**
- Centers for Disease Control: <https://coronavirus.gov>
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Do your part. Stay at home. Only go out for essentials. Do not congregate. Practice social distancing.