

**FOR IMMEDIATE RELEASE**

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## **Rappahannock Area Health District Confirms its Second COVID-19 Related Death**

(Fredericksburg, Va.) – The Virginia Department of Health’s Rappahannock Area Health District has confirmed its second COVID-19 associated death in a resident in his 50s. No additional information is being provided about this individual.

“We are truly saddened to learn of the death of another member of our community, and we extend our sincere condolences to his family and friends,” said Rappahannock Area Health District Acting Director Dr. Donald Stern. “It is important that we all follow precautions to prevent the spread of this illness. We remind everyone that we are taking these measures not just to keep ourselves healthy, but to prevent the spread of the virus across the community.”

To lower the risk of spreading respiratory infections, including COVID-19, the Virginia Department of Health encourages everyone to:

- Stay at home to the greatest extent possible
- Practice social distancing. Maintain at least six feet of space between yourself and other individuals when you must be out in public
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing
- Wash your hands often with soap and water for at least 20 seconds; use an alcohol-based hand sanitizer only if soap and water are not available
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces
- Avoid contact with sick people
- If you are experiencing symptoms, call your doctor

For more information, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) or [www.vdh.virginia.gov/coronavirus/](http://www.vdh.virginia.gov/coronavirus/).

NOTE: This fatality has not yet been added to the statewide count on the VDH website. Cases are updated daily at [www.vdh.virginia.gov/coronavirus](http://www.vdh.virginia.gov/coronavirus), with the numbers as of 5 p.m. the evening before.

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