



IMMEDIATE RELEASE

NORTH TEXAS PHYSICIANS URGE PHYSICAL DISTANCING AS A PART OF YOUR MEMORIAL DAY WEEKEND

Dallas, May 21, 2020 - As Memorial Day weekend approaches, the North Texas Medical Society Coalition (NTMSC) encourages residents and businesses to continue practicing safe physical distancing. As people gather to celebrate with friends and family, or take in North Texas' recreational activities, it is critical to continue preventive steps to avoid spreading COVID-19. There is still no vaccine to prevent COVID-19.

"Memorial Day gatherings will be a true test of how well North Texans are able to practice physical distancing. If residents and businesses do not follow physical distancing guidelines, there will likely be a spike in COVID-19 cases in the weeks that follow," said John Flores, MD, Chair of the North Texas Medical Society Coalition.

"North Texans have done a great job adhering to the medical community's advice, which has flattened the COVID-19 curve. Residents and businesses must continue physical distancing efforts this holiday weekend or we risk taking a major step backwards with opening Texas," said Collin-Fannin County Medical Society President-elect, Sejal Mehta, MD.

COVID-19 is still active and continuing to surge in parts of North Texas. Residents and businesses need to work together to prevent a further spread. The best way to do so is to follow the physical distancing guidelines that have proved successful during the pandemic:

- Whether at a backyard barbeque or any other group gathering, maintain at least 6 feet of distance between guests.
- If you are sick, this is not a time to be out celebrating. Stay home and contact your physician.
- Wash your hands thoroughly and often with soap and water. Use hand sanitizer with at least 60% alcohol if soap and water are not available. This is especially important if you are gathering with others for meals.
- Avoid touching your face.
- Cover your mouth and nose with a tissue or use the inside of your elbow when you cough or sneeze.
- Clean and disinfect frequently-touched objects and surfaces. Don't share utensils or serving dishes. Use disposable dishes, silverware, and cups when serving others.
- Wear face coverings/masks when around other people.

NTMSC has produced this video (<https://vimeo.com/420888816>) to promote safe physical distancing measures this holiday weekend.

About North Texas Medical Society Coalition:

The NTMSC represents more than 11,500 physicians in the communities of Collin-Fannin, Dallas, Denton, Grayson, and Tarrant County. Founded in 2020, the NTMSC works with community healthcare partners, including public health departments, hospitals, and business leaders, to advise on medical recommendations to serve the health care needs of the residents of North Texas.

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