



**Public Health**  
Prevent. Promote. Protect.

Frederick County Health Department

# FREDERICK COUNTY, MARYLAND JOINT INFORMATION CENTER COVID-19



## News Release

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301-600-7662 • TTY Use Maryland Relay

FOR IMMEDIATE RELEASE:

### Frederick County Agency Updates for April 28, 2020

Frederick, MD – April 28, 2020

#### Health Department:

The Health Department is now reporting 893 positive cases of COVID-19 and 58 deaths. For more information, please visit [health.frederickcountymd.gov/coronavirus](http://health.frederickcountymd.gov/coronavirus).

Frederick officials will be hosting Frederick Together: a Virtual Town Hall with Community Leaders on Thursday, April 30 at 6pm. Submit your questions to [JIC@frederickcountymd.gov](mailto:JIC@frederickcountymd.gov).

**Join Us**  
**THURS, APRIL 30, 2020**  
**6PM-7:30PM**  
Moderated by: The Frederick News Post  
Available for viewing on FCG TV, The City's Channel 99  
or on Facebook Live

*Panelists:*  
Jan Gardner | County Executive, Frederick County  
Michael O'Connor | Mayor, The City of Frederick  
Dr. Barbara Brookmyer | Frederick County Health Officer  
Tom Kleinhanzl | President/CEO, Frederick Health  
Rick Weldon | President/CEO, Frederick Co. Chamber of Commerce

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Frederick County Joint Information Center COVID-19  
[www.frederickcountymd.gov/JIC](http://www.frederickcountymd.gov/JIC)



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### **Frederick Health Hospital:**

If you're one of the many Americans suddenly working remotely, you may not have been prepared to create your own office space at home. Whether you have your own home office, or you've turned your kitchen table into your new workspace, there are ways to set yourself up comfortably to avoid neck and shoulder soreness, back pain, migraines, and even injury while working from home—and when you're back in the office.

Taking time throughout the day to stretch may sound like yet another task you don't have time for, but it's worth it to keep away stress, headaches, pain, and even injuries. There are also preventative measures you can take to stay comfortable and focused throughout the day.

According to Erin Roosa, DPT, a physical therapist at Frederick Health, our bodies need physical support so our muscles aren't bearing the burden of supporting our spine. Sitting on the edge of your seat with your spine arched or craning your neck to look at a computer on your lap is sure to cause pain—and possibly even injury.

Keeping your posture in mind is one of the key elements to remaining comfortable in your workspace. When sitting, make sure your back is fully supported by the back of your chair. You can even put a pillow in between your back and your chair to better support your spine. This reduces tension naturally, Roosa says.

Additionally, your feet should be placed flat on the floor and your lap should be level. The top of your monitor should be at eye level.

“That automatically sets the foundation for a better position for your head and neck,” says Roosa.

For the full post on staying health while working from home, [click here](#).

### **For more information:**

Frederick County residents can call 866-411-6803 to reach our local 211 center with general questions about coronavirus or COVID19. Accurate COVID-19 information is critical to the community. For the most current and accurate information about this situation, please refer to the following:

- City of Frederick: [//cityoffrederickmd.gov/covid19](https://cityoffrederickmd.gov/covid19)
- Frederick County Government: [www.frederickcountymd.gov/Coronavirus](https://www.frederickcountymd.gov/Coronavirus)
- Frederick County Health Department: [health.frederickcountymd.gov/coronavirus](https://health.frederickcountymd.gov/coronavirus)
- Maryland Department of Health (MDH): [coronavirus.maryland.gov](https://coronavirus.maryland.gov)
- Centers for Disease Control (CDC): [coronavirus.gov](https://coronavirus.gov)

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