



**CHARLESTON, WV** — Gov. Jim Justice joined State health leaders at the Capitol Complex in Charleston today for a virtual press briefing to once again update the public on the many measures being taken in the interest of protecting the public from the spread of novel coronavirus disease 2019 (COVID-19).

Gov. Justice continued to urge all West Virginians on Thursday to “stay the course” on practicing social distancing and good hygiene and praised the population for helping to limit exposure to the disease.

“Now is not the time to panic, we need to remain cautious, smart and strong,” Gov. Justice said. “The curve is not spiking and we are making headway, but this is a long way from being over. Every one of us needs to clearly understand that.”

He also made it clear that while many across the country may be looking to West Virginia as a potential “safe haven” from the pandemic, that people coming from out-of-state, especially from Hot Zones like New York, “should self-quarantine for 14 days.”

“It’s my job to protect our citizens and I’m very serious about that,” Gov. Justice said. “We welcome you and will embrace you after those 14 days, but these guidelines and recommendations have got to be followed.”