

Jewell County Health Department

307 N. Commercial Mankato, KS 66
785-378-4060

March 19, 2020

Dear Residents of Jewell County,

As of today, March 19, 2020, Jewell County continues to have no positive cases of the 2019 novel coronavirus, also known as COVID-19. The COVID-19 tests performed in Jewell County and neighboring counties have all been negative at this time. We continue to meet with Jewell County's local entities in our effort to prepare and inform the public about preventative measures for COVID-19.

The Kansas Department of Health and Environment (KDHE) has issued new recommendations for quarantine and isolation of travelers, close contacts of confirmed cases and those being tested on March 18, 2020. The changes to the new recommendations are in bold print.

KDHE is now **mandating** a 14-day home quarantine for Kansans who have:

- Traveled to a state with known widespread community transmission (currently California, **Florida**, New York and Washington state) on or after March 15th.
- Visited Eagle, Summit, Pitkin and Gunnison counties in Colorado within the past week.
- Traveled on a cruise ship or a **river cruise** on or after March 15th.
- Traveled internationally on or after March 15th.
- Received notification from public health officials (state or local) that you are a close contact of a laboratory-confirmed case of COVID-19. You should quarantine at home for 14 days since your last contact with that person. (A close contact is defined as someone who has been closer than 6 feet for more than 10 minutes while the person is symptomatic)

If you have traveled to or know of anyone that has traveled to the KDHE recommendations listed above, or have had close contact as specified above, please contact the Jewell County Health Department for further instructions.

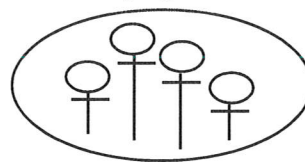
There has been concerns expressed in the community about family members living in the same household with a quarantined individual. According to KDHE Epidemiology, if the person didn't travel to the areas listed above nor have they been exposed to a **confirmed** case of COVID-19, they are **not** in quarantine, and are free to go to work and participate in other community activities. They are, however, instructed to continue social distancing in the home as much as possible, wash hands frequently for at least 20 seconds, avoid sharing household items, clean the home regularly with an approved household cleaner for COVID-19, and wash laundry thoroughly.

If you have immediate concerns that need to be addressed after hours, please call the Jewell County Health Department's phone number for instructions on how to reach the on-call nurse.

The health department continues to support President Trump's recommendations urging citizens to help in slowing the spread of COVID-19 by:

- If you feel sick, stay home. **DO NOT** go to work. Contact your medical provider.
- If your children are sick, keep them at home.
- Avoid social gatherings in groups of more than 10 people.
- Avoid discretionary travel.
- If you are an older person, stay home and away from other people.
- If you are a person with a serious underlying health condition that may put you at risk (for example, a condition that impairs your lungs, heart function or weakens your immune system) stay home away from other people.

Helping others



Help themselves

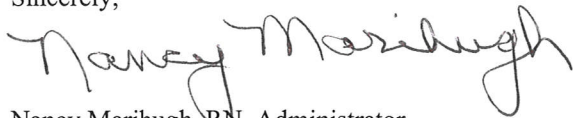
The Health Department is following all the guidance that has been issued by Kansas Department of Health and Environment and the Centers for Disease Control. These agencies have excellent information that is constantly being updated and can be found at www.kdheks.gov/coronavirus/ or www.cdc.gov.

We cannot stress enough the importance of preventing the spread of diseases by:

- Staying home if you are sick.
- Washing your hands with soap and water for at least 20 seconds. If not available, use hand sanitizer.
- Covering your sneezes or coughs with a tissue or cough or sneeze into your sleeve.
- Avoiding touching your eyes, nose or mouth with unwashed hands.
- Avoiding contact with people who are sick.

Currently, there are no vaccines available to prevent COVID-19 infections. There are no medications specifically approved for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

Sincerely,

A handwritten signature in black ink that reads "Nancy Marihugh". The signature is fluid and cursive, with the first name "Nancy" and last name "Marighugh" clearly legible.

Nancy Marihugh, RN, Administrator
Jewell County Health Department