

Jewell County Health Department

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

March 11, 2020

Dear Residents of Jewell County,

At this time Jewell County has no cases of the 2019 novel coronavirus, also known as COVID-19. In an effort to establish preventative measures, and in the interest of preparedness, the Jewell County Health Department has met with local healthcare entities, USD 107, and emergency preparedness to plan for potential COVID-19 in the community.

How is the virus spread?

- Mainly spread person-to-person through close contact (within about 6 feet for 10 minutes or longer).
- Respiratory droplets produced by an infected person when they cough or sneeze.
- It may be possible to get COVID-19 through a contaminated object, but this is not the main way it is spread.

How can I avoid getting COVID-19? Steps you can take to prevent spread of flu and the common cold will also help prevent COVID-19:

- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing

Some of the symptoms that may appear is cough, fever, and difficulty breathing. These symptoms may appear in as few as 2 days or as long as 14 days after exposure to the coronavirus causing COVID-19.

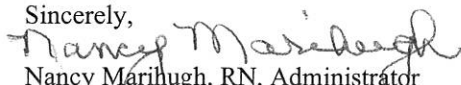
What to do if you are sick or experiencing the above symptoms:

- Call your primary care provider or hospital prior to arriving at the healthcare facility to notify them of your symptoms and possible exposure. When you **call ahead**, you will receive special instructions to follow, **please do not show up** to the healthcare facility without receiving prior instructions.
- Stay home except to get medical care, including avoiding public areas.
- Separate yourself from other people and animals in your home, do not share items.
- Cover your mouth/nose when coughing/sneezing; clean all highly used surfaces daily.
- Wash your hands often for at least 20 seconds, use hand sanitizer with at least 60% alcohol if washing is not an option, avoid touching your eyes, nose and mouth.
- Monitor your symptoms as instructed by your healthcare provider or public health.

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.

For more information, visit www.cdc.gov/coronavirus and kdheks.gov.

Sincerely,


Nancy Maribugh, RN, Administrator
Jewell County Health Department

