

## MADISON COUNTY, MISSOURI

### COVID 19

#### Things to Consider

As of today **July 1, 2020**, Madison County has 7 positive cases which are considered recovered. This can change at any moment. You will be notified if the numbers increase and if this may impact you by Facebook, Democrat News, and J98 Radio Station.

**Have a safe and healthy 4<sup>th</sup> of July. Remain mindful of COVID-19!** Please review the following as well as visit the CDC website for information regarding travel.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Persons who are returning from vacation are encouraged to practice social distancing and wear a face covering in public for 14 days upon return. Should you or a family member become symptomatic contact your health care provider immediately.**

**Discuss all travel plans with your employer** as they may have requirements based on your travel destination. Upon return from your vacation, monitor you and your household for symptoms. Immediately contact your health care provider if you become symptomatic.

**Why should I continue to social distance and wear a Mask or Face Covering?** By staying at least 6 feet from persons who are not of your household you are reducing the ability for their respiratory droplets to reach you when having face to face encounters. People can spread the virus before they even know they are sick. By wearing a "cloth" face covering you are protecting those you encounter from you, should you be sick, or should you be contagious and not aware you are sick. It is important to wear the Face Covering in public places where it is difficult to maintain social distancing of 6 feet from other persons.

**Symptoms of COVID-19** are fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Call your doctor, Emergency Room, or report to 911 if you are requesting an ambulance or law enforcement if you have these symptoms.

**If you have been exposed**, the incubation period is 2-14 days before symptoms may appear. If you have been tested for COVID-19 because you are having symptoms, you must stay isolated until you have negative results. If your results are positive for COVID-19 you must stay isolated until your physician advises you to return to daily activities.

**Testing:** It is important to know that the only test that will help your physician and public health know about the spread of COVID-19 is the virology testing. This is the test that will identify if you are contagious.

**Madison County Medical Providers are concerned about identification of asymptomatic positive persons with COVID-19. To be able to identify this potential risk, we are requesting employers to contact the health department to conduct a voluntary symptomatic surveillance of each employee. Contact Becky Hunt or Teresa Rehkop at 573-783-2747 select option 0 or call 573-783-1131. This will provide the data to identify if community wide testing is warranted.**

**Employers:** If an employee tests positive for COVID-19, please contact the health department at 783-2747 or 24/7 number of 783-1131 immediately. The health department will assist you in controlling the spread of the virus.

#### Things to remember:

- Continue to practice good hygiene
- Wash your hands with soap and water especially after touching frequently used items or surfaces.
- Using hand sanitizer does not replace hand washing!
- Avoid touching your face

- Continue to practice social distancing
- Sneeze or cough into a tissue, or the inside of your elbow
- Disinfect frequently used items and surfaces as much as possible
- Strongly consider using face coverings while in public settings, and particularly when using public transit systems or public indoor facilities including retail businesses, restaurants, and places of worship. If your health does not permit you to wear face coverings for the length of time you will be inside a public facility, consider staying home. Children less than 2 years of age should never wear face coverings.
- All individuals, WHEN IN PUBLIC (e.g. parks, outdoor recreation areas, shopping areas), should maximize physical distance from others.
- Many public restrooms are closed or do not have hygiene supplies. When traveling, bring your own toilet paper, hand soap, paper towels and hand sanitizer.

#### **People who feel sick should stay home**

- Do not go to work, school or participate in activities that you will be around others
- Contact and follow the advice of your medical provider
- Stay home until you are fever free for 72 hours (3 days) without fever reducing medicines
- Persons who have been tested for COVID-19 **must** stay home until they receive their test results. If the test is positive, follow the guidance of your health care provider.

Should you have questions regarding the CoVID-19 or need assistance in obtaining health care, please contact your health care provider: Madison Medical Center Rural Health Clinic (573-783-4111) Beyer Medical Group (573-783-8875) Robbins Family Health Care (573-561-2300), your health care provider or the Madison County Health Department at 573-783-2747 or [Becky.Hunt@lpha.mo.gov](mailto:Becky.Hunt@lpha.mo.gov).

**City of Fredericktown:** The city parks and playgrounds are open for public use. The public restrooms are open. The 4<sup>th</sup> of July Fireworks will be available for the public.

**School Districts:** Both school districts are working on re-opening plans that include health protocols and alternative education. Fredericktown R-1 plans to open August 25<sup>th</sup> and Marquand-Zion R-6 plans to open August 27<sup>th</sup>.

Do not send your child to school if they are ill. Check the symptoms of COVID-19 on the other side of this sheet. Call your child's doctor if they have any of the symptoms.

#### **Nursing Homes and other Congregate Living:**

Nursing Homes and other Congregate Living places continue have clear guidance that must be followed from the President, the CDC, and the Department of Health and Senior Services. "In accordance with the guidelines, people shall not visit nursing homes, long-term care facilities, retirement homes, or assisted living homes unless to provide critical assistance or in end-of-life circumstances. Elderly or otherwise vulnerable populations should take enhanced precautionary measures to mitigate the risks of contracting COVID-19."

Nursing Homes and other Congregate Living places are continuing to schedule window visits/patio visits and face time visits for residents and families. Call and schedule these visits with your loved one. There is an increase in patio and window visits so please be patient with staff as they continue to navigate through these changes. **Everyone is required to wear a mask or face covering and be at least 6 feet apart during all visits. No one is permitted to bring outside drinks or food into the nursing home while visiting with loved ones as masks or face coverings are required.**

#### **When Nursing Homes and other Congregate Living facilities are permitted to open their doors:**

- Never visit if you are ill. There are a lot of diseases and virus that are contagious.
- For Churches and organizations that provide services and programs for these facilities, require all attendees to be well. Never visit if you are ill.
- Follow all requirements of the facility while visiting your loved ones.