Pottawatomie County Community Daily Update

Pottawatomie County, Kan. (March 25, 2020) — In this time of national concern, Pottawatomie County officials want to keep you updated on a daily basis in regards to COVID-19. Your safety, health and security is our top priority.

DAILY UPDATE: March 25, 2020

Cases in Kansas: 126
Cases in Pottawatomie County: 1 (one) a male, who is hospitalized under the care of a physician.

The Pottawatomie County Emergency Operations Center (EOC) continues to maintain situational awareness and information sharing with our partners. We engage in conference calls with the State EOC twice a day, receiving and sharing information across the state with other Emergency Managers. The State EOC is fully-activated and available 24/7 for us to seek guidance and request resources from if we are unable to otherwise obtain needed items.

We hosted a meeting with city officials located within the County again today, and we were able to learn more about the circumstances within their communities. We will hold tele-meetings with them every Wednesday at 2:30 pm to keep the open line of communications and if needed we will meet more often if the situation changes. We continue to support the Health Department with the essential functions required to meet their needs.

We want to remind you to follow COVID-19 guidelines, and restrictions set out by the Governor, KDHE, CDC, and our local Health Department. Social distance does not mean social distancing. Help each other out, check on the elderly and most vulnerable. It’s okay to not be okay with the status of things today. We request everyone to look out for each other. Please purchase only those items that you need to see you through the next couple weeks, this will help ensure others are also able to be prepared.

Daily updates on COVID-19 and Pottawatomie County’s actions will be submitted and posted to a variety of news stations, newspapers, web-sites and social media. These updates will be posted around 4:00 p.m. daily until the pandemic is no longer an issue. Emergent messages will be posted immediately as they come to officials. You may elect to receive notice of these life-safety messages by signing up for the Everbridge NE Kansas Regional Notification System. If you wish to receive these alerts, please visit our website https://www.pottcounty.org/431/Emergency-Alerts and select the “Sign Up” icon. These messages are categorized as Community Information and Public Health alerts. If you have questions or need assistance with signing up, contact Emergency Management at 785-457-3358

Pottawatomie County Website: www.pottcounty.org
Facebook: @PottCountyKS
Twitter: @PTCountyKS

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Covid-19 and Your Mental Health

While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

Your Concerns are Valid

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

1. Your concerns are valid.
2. Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized.
3. Don’t overdo your news and information intake.
4. Keep your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized.
5. Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized.
6. Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized.

Realize What You Can Control

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

1. Keep a healthy diet.
2. Exercise at home.
3. Get enough sleep.
4. Do not smoke or drink alcohol excessively.
5. Take care of your mental health.
7. Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized.
8. Don’t overdo your news and information intake.
9. Keep your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized.
10. Keep 2-4 weeks of food on hand.
11. Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials.
12. If you take medication, get refills and keep a month’s supply at home if possible.
13. If you need medication, get refills and keep a month’s supply at home if possible.
14. Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol.
15. Avoid touching your eyes, nose and mouth.
16. Avoid greeting people by shaking hands, kissing or hugging.
17. Keep 6 feet of distance between you and anyone who is coughing or sneezing.
18. Stay home if you are sick aside from getting medical care.
19. Cover your coughs and sneezes.
20. Clean and disinfect frequently touched surfaces.
22. Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials.
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Signs of Anxiety

It’s normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:

1. Hair loss and problems
2. Headaches and stomach problems
3. Nightmares, sleep problems, or difficulty sleeping
4. Increased heart rate
5. Changes in appetite or difficulty eating
6. Initial fear and/or restlessness

Managing Anxiety

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don’t seem to be helping, there are additional resources you can take advantage of:

1. Ask someone in your network for support. A parent, sibling, partner, or friend may be able to help you feel less anxious.
2. Use a mindfulness or meditation app.
3. Exercise at home.
4. You receive your COVID-19 test result via the online portal.
5. Take 10 deep breaths when you feel overwhelmed.
6. If it’s free, private, and anonymous.
7. Once you have your result, get connected to a local crisis center and get in touch with someone immediately.

If you are in crisis or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Find more information and resources about COVID-19 and mental health at mhanational.org/covid19.
2019 Novel Coronavirus (COVID-19) in Kansas Test Results
Updated 3/25/20 at 11 a.m.

<table>
<thead>
<tr>
<th>Total Positive Cases</th>
<th>126</th>
</tr>
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<tbody>
<tr>
<td>Private Labs</td>
<td>77</td>
</tr>
<tr>
<td>Kansas Health and Environmental Lab (KHEL)</td>
<td>49</td>
</tr>
<tr>
<td>Deaths (included in above numbers)</td>
<td>3</td>
</tr>
<tr>
<td>Out-of-State Resident Positive Cases* (not counted in Kansas numbers)</td>
<td>2</td>
</tr>
<tr>
<td>Total Negative Cases for Kansans</td>
<td>2,360</td>
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Demographics

<table>
<thead>
<tr>
<th>Gender</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>54</td>
</tr>
<tr>
<td>Male</td>
<td>72</td>
</tr>
</tbody>
</table>

Age Range

Age range on patients is 7 to 90 years of age, with a median age of 51.

Positive Case Information

<table>
<thead>
<tr>
<th>County</th>
<th>Number</th>
<th>County</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bourbon</td>
<td>1</td>
<td>Linn</td>
<td>2</td>
</tr>
<tr>
<td>Butler</td>
<td>3</td>
<td>Lyon</td>
<td>2</td>
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<tr>
<td>Cherokee</td>
<td>2</td>
<td>Mitchell</td>
<td>2</td>
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<tr>
<td>Crawford</td>
<td>1</td>
<td>Morris</td>
<td>2</td>
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<td>Neosho</td>
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<tr>
<td>Douglas</td>
<td>10</td>
<td>Pottawatomie</td>
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<tr>
<td>Franklin</td>
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<td>Reno</td>
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<td>Jackson</td>
<td>1</td>
<td>Sedgwick</td>
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<td>Johnson</td>
<td>44</td>
<td>Woodson</td>
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<tr>
<td>Leavenworth</td>
<td>11</td>
<td>Wyandotte</td>
<td>27</td>
</tr>
</tbody>
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*Ford and Miami Counties reported positive cases in out-of-state residents.