



Pottawatomie County Community Update

Monday, June 29, 2020 - Your safety, health, and security is our **top** priority.

	<i>State of Kansas</i>	<i>Pottawatomie County</i>
<i>Total positive COVID-19 cases</i>	<i>14,443 (+905)</i>	<i>69 (+7)</i> <i>55 recovered, 14 active</i>
<i>Total COVID-19 hospitalizations</i>	<i>1,152 (+24)</i>	<i>0</i> <i>Current PT Co. hospitalizations</i>
<i>COVID-19 related deaths</i>	<i>270 (+6)</i>	<i>0</i>
<i>Pending Tests</i>	<i>unknown</i>	<i>15</i>
<i>Total Tests</i>	<i>176,725 (+8,866)</i>	<i>1291 (+48)</i>

Numbers in parentheses indicates the difference since the last update; numbers are updated Mondays, Wednesdays, and Fridays. For a daily case summary, visit <https://www.coronavirus.kdheks.gov/160/COVID-19-in-Kansas>

With the focus, understandably, on COVID-19 right now, we want to ensure people understand the importance of daily self-care. Yes, we need to focus on mitigating the spread of this virus, but we also need to remember the basic steps in daily self-care. These can include but are not limited to:

- Daily exercise; get your heart rate up doing something you enjoy. Walking, riding a bike, Yoga, swimming, dancing...
- Stay hydrated. Drink plenty of fluids, water or any other low-sugar, non-caffeinated beverages.
- Get some sun! Not too much, and remember to wear sunscreen. Our bodies need vitamin D, and the sun is an excellent source, 10-30 minutes a day is all you need.
- Do something for you. Most of us spend a good part of our day taking care of business, or taking care of others. Spend some time doing something you love. Find a hobby that brings you peace. Listening to music, writing in a journal, taking pictures, etc.

Today during the Governor’s press release, she announced that her office is putting out an order requiring all Kansans to wear masks in public areas effective July 3, 2020. “Enforcement will remain at the local level.” Governor Kelly stated. Once the order is published, Pottawatomie County will place a link to it on their website and notify people through social media.

Additionally, two new states were added to the travel isolation/quarantine list: Florida and South Carolina. Please review the travel list, located at <https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran>; and follow the KDHE recommendations if you have been to any of those states in the timelines addressed.

For COVID related health questions, e-mail COVID@pottcounty.org. Questions related to Pottawatomie County’s response to COVID, e-mail PIO@pottcounty.org.

Facebook: [@PottCountyKS](https://www.facebook.com/PottCountyKS)

Twitter: [@PTCountyKS](https://twitter.com/PTCountyKS)

