

# CASS COUNTY, MISSOURI

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**Public Health**  
Prevent. Promote. Protect.

## CORONAVIRUS DISEASE 2019 (COVID-19)

### What is COVID-19?

COVID-19 is a respiratory illness that can spread from person to person through close contact (within 6 Feet) by respiratory droplets when an infected person cough or sneezes. Infections can range from mild to severe.

Cases are being identified in the United States, some of which have been identified in Missouri and in the Kansas City Metropolitan Area. Current case counts remain relatively low.

### What are the symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath
- Runny nose
- Headache
- Sore throat
- General feeling of being unwell

### Who is likely to become ill with COVID-19?

- Individuals in close contact with an infected person
- Those with travel to areas with widespread or sustained transmission, as of 3/8/2020, this includes China, Iran, Italy, Japan, and South Korea

### What should I do if I become ill?

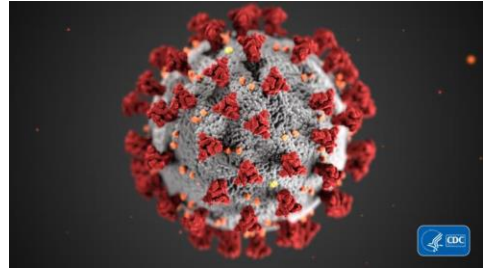
If you suspect that you have COVID-19 or have been exposed to someone with COVID-19, call your healthcare provider to let them know before seeking care. It is critical that your provider is aware that you may have COVID-19 prior to your arrival at a healthcare facility, and that you follow all instructions for arriving at a healthcare facility.

### How can I prevent the spread of COVID-19?

- Stay at home when sick, if you have a fever (greater than 100.4°F) do not attend work or school until you are fever free for 24 hours without medication
- Cover your coughs and sneezes with tissue or into your sleeve, and immediately wash your hands
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer if soap and water is not available
- Routinely clean and sanitize frequently touched objects and surfaces
- Check the CDC's travel advisories before traveling  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

## What your Local Public Health Department is doing to prevent the spread of COVID-19?

Local health departments in the Kansas City Metropolitan Area are in communication with each other as well as state and federal partners. Local public health is monitoring the health of individuals as guided by the CDC and providing guidance to healthcare providers. People with confirmed COVID-19 or possible exposure may be subject to a 14-day isolation or monitoring. Cooperation from these individuals is vital to the public health response to slow the spread of the virus.



## Why it is important to be prepared?

More cases are likely to occur worldwide including in the United States. Widespread transmission of COVID-19 in the United States could translate into large numbers of people being infected at the same time. Schools, childcare centers, workplaces, and other places for mass gatherings may be impacted by control measures, such as recommendations to close, cancellations of operations, etc., required to prevent the spread of COVID-19.

## How can our community be prepared for COVID-19?

- Actively encourage those who are ill to stay home
- Review policies for requiring doctor's notes for absences, and consider not requiring doctor's notes
- Put up signage to promote proper hand hygiene and coughing etiquette
- Provide tissues and no touch trash cans
- Routinely clean high touch surfaces; e.g., doorknobs, workstations, etc.
- Coordinate with state and local public health officials

## Things for Businesses, Churches, Schools, and Other Community Groups to Consider

- Cancelling non-essential business travel
- Review plans for telecommuting
  - Consider allowing employees to work from home when possible
  - Consider online classwork for students
  - Streaming church services or other gatherings
- Review plans for ceasing operations
  - At what point, if any, would you close your doors?
  - How would this be communicated to the community?
- Communicate emergency plans to those who will be affected

## For More Information and Updates:

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

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>