



CLAY COUNTY
PUBLIC HEALTH CENTER



COVID-19 Update

March 23, 2020

Community Letter to Clay County – Stay at Home

Dear Clay County community members,

The COVID-19 virus continues to spread in the Kansas City area and is a threat to the health of all of us, regardless of age or health condition. In response to this threat, Clay County Public Health Center has issued public health emergency [orders](#) for all who live and work in Clay County to “stay at home” except for essential activities. These orders will be in place from Tuesday, March 24 through Friday, April 24, 2020.

The COVID-19 virus is [spread](#) when someone who is infected, whether they know it yet or not, coughs or sneezes and shares respiratory droplets with others that they are in close contact with. By dramatically limiting the amount of physical contact we have with others, we can reduce the number of people who become sick and need immediate medical attention. As the health care system works hard to limit the spread of COVID-19, everyday life challenges still happen. They still work to provide care for heart attacks, stroke and many other life-threatening conditions. By practicing social distancing, you can help prevent our health care system and workers from being overwhelmed and help save lives.

What CAN I do?

- Go to the grocery store or pharmacy
- Visit a health care provider if you are sick or have an emergency medical need
- Enjoy the outdoors while practicing social distancing
- Perform your job that is essential to the health and safety of the community
- Perform your job or communicate through phone calls, video calls online or through other channels that are not in-person
- Take care of elderly relatives, young children, those with medical needs or pets

What can I NOT do?

- Dine in a restaurant or drink at a bar
- Go to a nail/hair salon, clothing store, gym, fitness studio or get a massage
- Go to a movie, concert, sporting event or worship service
- Attend a wedding or funeral
- Visit friends and family who do not live with you, especially those who are at [high risk](#) of getting seriously ill from COVID-19

What should I ALWAYS do?

- Keep physical distance between yourself and others, about six feet
- Wash your hands often, for at least 20 seconds
- Clean and disinfect frequently touched objects and surfaces
- Stay home and away from others when you're sick, cough or sneeze into you're your elbow or always cover sneezes and coughs with a tissue that is promptly thrown away
- Stay calm and follow trustworthy local officials for updates and guidance

We encourage you to use these unprecedented times to look after yourself and your community in ways you may not normally. Pay attention to your physical health and call your doctor if you don't feel well. Check on your elderly family members and neighbors. Take extra steps to care for your mental health like going on walks outdoors or arranging daily video calls with friends and family. Find creative and generous ways to support others in need who may need help financially, emotionally or in other ways.

We know many of you will still have questions about how these orders apply to your own life and we will try to provide more information and answers to your questions over the next few days. However, **remember the main goal of shelter in place: to protect the people in our communities, and keep our first responders, hospitals, medical staff, and entire healthcare system from being overwhelmed.** By following these orders over the next few weeks, whether as an employer, employee or just as a friend or neighbor, you will have an impact on everyone else in our community. Doing your part now **will save lives later.**

Thank you for playing your part to prevent the spread of COVID-19 in Clay County!

For the latest updates and guidance, make sure to visit clayhealth.com/coronavirus and follow us on [Facebook](#), [Twitter](#) and [Instagram](#)