



## **MEDIA RELEASE**

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### **KIT CARSON COUNTY COVID-19 RESPONSE WEEKLY UPDATE – WEEK 4**

As of the writing of this Weekly Update, there have been four positive cases of COVID-19 in Kit Carson County. Cheyenne County, Colorado and Sherman County, Kansas have no reported positive cases and Lincoln County has one positive case. The second case of COVID-19 in Kit Carson County was an individual who had a travel history into a metro area of Colorado where they were seeking an essential service. The case was identified quickly and any others who were in contact with the individual were identified and evaluated. Another had travel history out of State and has been investigated and all potential exposed people have been notified and are in 14 day home quarantine. The fourth is a healthcare worker employed by Grace Manor Care Center, but was not working at the time symptoms had started. Resident families have been notified. Please refer to Grace Manor's article and their Face Book page for additional information regarding their response. The individual as well as those whom they were in contact with have been notified and are in 14 day quarantine.

The "Stay At Home" Order by the Governor is designed to decrease the incidence of viral spread as a result of leaving your community. Residents of Kit Carson County should only be leaving Kit Carson County for essential medical care, or other travel to locations where services that are essential cannot be obtained in the County. By traveling outside of the county, you are increasing the risk of bringing COVID-19 back with you. It is important to maintain the social distancing orders that we have received from the Governor's office to maintain a healthy community and protect our most vulnerable citizens. These orders include the following: (1) Reduce non-essential workforce to 50% on each shift; (2) No social gatherings and maintain 6 feet between people; (3) No in-house dining at restaurants, closing of theaters, recreational gymnasiums and closing of spas, hair salons and barber shops, closing of non-essential retail stores. (4) School closures. With the continued and rapidly evolving situation in Colorado, end-dates for these restrictions are fluid and currently are extended until the end of April.

The Kit Carson County Call Center (719-346-7158) has received several questions about getting out of the house to get some physical activity. This is permissible as long as it doesn't result in people being closer than 6 feet to one another or gatherings of people other than immediate family members who live together. Walking, taking the dog for a walk, riding your bike and even golfing (one person per cart) are all fine.

We have also received many questions about moving in and out of Kansas. The new order from the Governor of Kansas is to quarantine any Kansas resident for 14 days who visited any of Colorado since March 27th. ***This excludes essential workforce.*** A letter stating that you are a member of the “essential workforce” can be obtained by requesting it from the health department or you can request one from your employer. A copy of the Kansas Stay At Home Order can be found on the Kit Carson County webpage. Because of this order from Kansas, it is discouraged but not prohibited for Colorado residents to enter Goodland or the surrounding area. Essential services such as grocery shopping and medical care that cannot be obtained in Kit Carson County, is acceptable for travel into Kansas and is ***not prohibited and a written document allowing travel is not required.***

***There continues to be NO disruption in shipments and/or receipt of food and supplies at our grocery stores and other retailers who sell groceries.*** Therefore, ***there is no need to hoard or over-buy supplies*** such as meat, groceries, toilet paper, hand sanitizer or Clorox wipes and sprays. Hoarding and over-buying puts your neighbors at risk and isn't helping your community. If you have extra Clorox wipes/sprays or hand sanitizer, please contact the KCCDPHE Call Center and we will take donations to share with healthcare providers in the county. We continue to take donations of PPE on Wednesday and Friday at 12:00 at the fairgrounds, north exhibit hall. Please call Val at 719-346-7158, ext. 129 if you plan to drop off a donation.

These are trying times. While we are seeing an increase of COVID-19 in our county, we need to keep a positive attitude and be mindful of how we can remain healthy both physically and mentally. Here are some tips that you should consider as all of us continue to battle through this pandemic (taken from Kansas State Health Department webpage).

**Maintaining Positive Mental Health During COVID-19.** Take care of yourself! Find stress-reducing activities that help keep your body, mind, and spirit well. Take deep breaths, stretch or meditate, eat well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. Pace yourself between stressful activities by doing a stress-reducing or fun activity! A few activity ideas are: watch a funny movie; video chat with a friend; explore local parks, recreational areas, or walk or bike trails. Understand the risks of COVID-19. There is an overwhelming amount of information available in the news and on social media. Limit your information to 30 minutes a day and unplug from the COVID-19 information to give your mind a break. To stay informed, use reliable sources of information, such as the COVID-19 Colorado Resource page, the KDHE COVID-19 Resource Center or the Centers for Disease Control and Prevention (CDC). Understanding and sharing accurate information about COVID-19 help reduce stress associated with the outbreak. Take breaks from hearing or reading information about COVID-19. Try establishing specific times to check for updates – it is important to balance your time spent focusing on updates and on other activities. Stay connected with others! Talk with friends, family, neighbors, and co-workers about how you are feeling. Maintain healthy relationships and build a strong support system. You are not in this alone! It is okay to ask for help! Everyone reacts differently to stressful situations. If your stress impacts your daily activities for several days in a row or if you would like to talk with a professional about how you are feeling and need help finding a provider, visit SAMHSA's Treatment Services Locator. Additional support services are listed below. Other Resources:• SAMHSA's Disaster Distress Hotline provides 24/7, 365-

day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks. Call 1-800-985-5990 to text TalkWithUs to 66746. For Spanish speakers, call 1-800-985-5990 and press “2” or text Hablanos to 66746. • National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255 or 1-888-628-9454 for Spanish. • Crisis Text Line is a free, 24/7, confidential text message service for people in crisis. To reach a crisis counselor, contact the Colorado Crisis Services at 1-844-493-8255 or text “talk” to 38255. <https://coloradocrisiservices.org/>.

Another great website is the Colorado Behavioral Health Council at: <https://www.cbhc.org/covid-19-info/>

Many valuable links to local services and information are available.

Kit Carson County webpage: [kitcarsoncounty.colorado.gov](http://kitcarsoncounty.colorado.gov)

Please “Like” the following Face Book Pages:

Kit Carson County

Kit Carson County Department of Public Health

Kit Carson County Department of Human Services

Kit Carson County Memorial Hospital

Kit Carson County Sheriff

Burlington CO

Centennial Mental Health Center

Kit Carson County Landfill

Burlington Cougar Athletes

East-Central Council of Governments webpage: <https://www.eccog.com/>

State information can be found at <https://covid19.colorado.gov/>

The Kit Carson County Department of Public Health and Environment as well as the Kit Carson County Health Services District, Kit Carson County Government, Municipal Governments and our wonderful first responders are here to provide support and services. Please reach out to any of us if you are in need. We are here for you! COVID-19 local call center number is 719-346-7158. You will be directed to the appropriate individual to help you.

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