CLAY COUNTY
PUBLIC HEALTH CENTER

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Coronavirus Disease 2019 (COVID-19) FAQs
Updated 3/3/20

What is COVID-19?

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

As of March 3, 2020, there are no confirmed cases in Missouri or in Clay County.

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 a known or unknown infected person.
- Those with travel to areas with widespread or sustained transmission, as of 3/3/2020, 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 health care provider to let them know before seeking care. It is critical that your provider is aware that you may have COVID-19 before your arrival at a health care facility, and that you follow all instructions for arriving at a health care 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 is my local public health department doing to prevent the spread of COVID-19?

Clay County Public Health Center (CCPHC) is monitoring the health of individuals as guided by the CDC and coordinating the testing of suspected cases with the state when needed. People with confirmed COVID-19 or possible exposure may be subject to isolation or quarantine. Cooperation from these individuals is vital to slowing the spread of the virus.
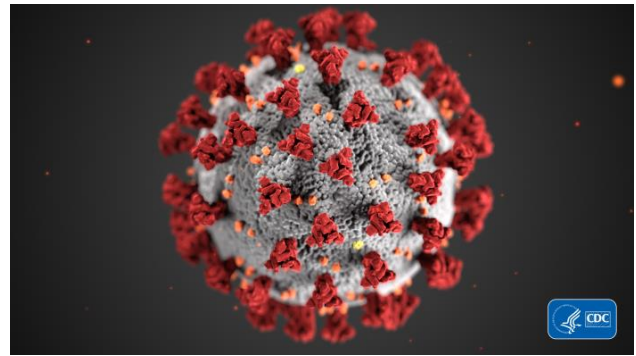
Why it is important to be prepared?

More cases will likely occur in the United States. Widespread transmission of COVID-19 in the United States could turn into large numbers of infected people. Schools, childcare centers, workplaces and other places for mass gatherings may be impacted by control measures such as recommendations to close, cancellation of operations, etc., in order 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

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

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

For More Information and Updates:
- Clay County Public Health Center Coronavirus: www.clayhealth.com/coronavirus
- For businesses and employers: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html
- For schools: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html
- For health care professionals: https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html

The mission of the Clay County Public Health Center is to deliver the essential public health services of prevention, promotion and protection to the communities of Clay County.