

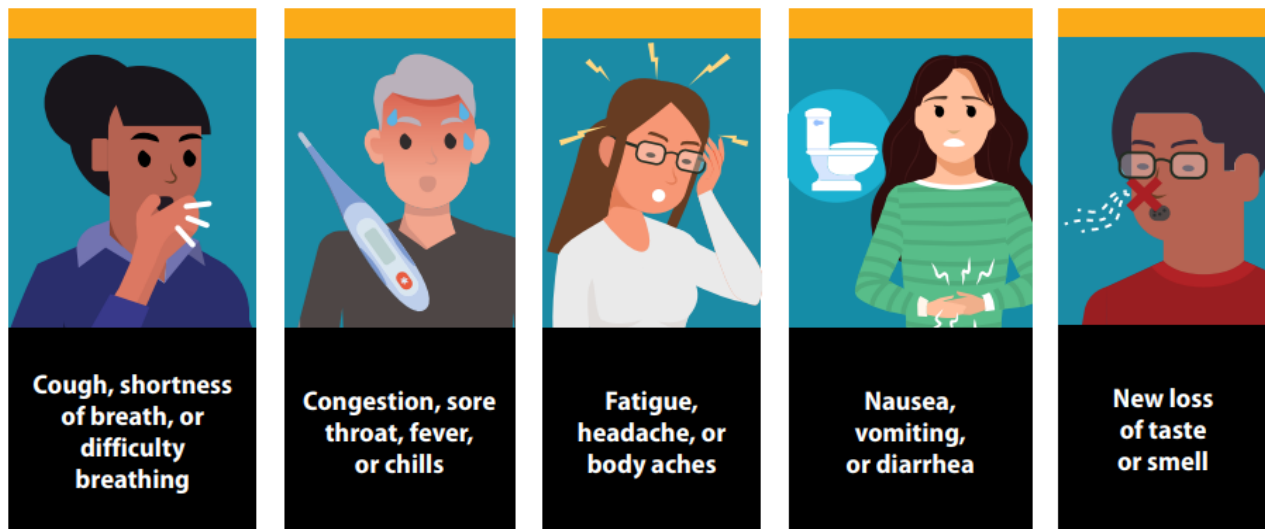
What's New With COVID

In response to the rapidly evolving COVID-19 pandemic, the National Institutes of Health assembled a panel of experts to provide practical recommendations for health care providers and issued the first version of the COVID-19 Treatment Guidelines on April 21, 2020. For close to 4 years, the Panel has critically reviewed the growing body of research data on COVID-19 and used that information to develop and revise their recommendations for treating patients with this disease.

As we all know, this disease is not going to go away. We must keep ourselves healthy and keep our loved ones safe. The best way to do this is to wash your hands. If you are sick with cold like symptoms stay home. Distance yourself from others when you are sick. Know the symptoms of COVID-19 and get vaccinated.

Symptoms of COVID-19

Know the symptoms of COVID-19, which can include the following:



If you are experiencing any of these symptoms, get tested for COVID-19.

Symptoms can range from mild to severe and appear 2–14 days after you are exposed to the virus that causes COVID-19.

**Seek medical care immediately if you or someone you know has
Emergency Warning Signs of COVID-19:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Difficulty waking or staying awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Chronic lung diseases can make a person more likely to get severely ill from COVID-19.

COVID Quarantine Guidelines for Schools and Community members per Rush County Health Department/Dr. Ladd, MD/Health Officer

IF positive:

You are required to isolate at home for 5 full days and be fever free for 24 hours, when released you will be required to wear a mask for an additional 5 days.

If you have been exposed:

Wear a mask for 10 days, if asymptomatic (no symptoms) test on days 5, if possible. IF you are having symptoms, get tested.

If you are a contact:

If you are unable to separate from the positive person, you will quarantine for 5 additional days after the positive person has been released.

Testing:

No testing will be done if you have had a positive COVID test in the last 90 days, but we recommend wearing a mask for 10 days.

WHAT VACCINES HELP MANAGE COVID?

Vaccines are important for successfully managing of COVID and to build your immunity toward the disease.

Vaccines that are important to discuss with your provider are:

Spikevax (Moderna)

Influenza (Flu)

Pneumococcal (Pneumonia)

RSV (Respiratory Syncytial Virus Vaccine)

Vaccines will reduce the chances of getting and spreading these diseases.

Learn more about these vaccines by talking to your doctor about adding these vaccines to your COVID management plan. Most health insurance plans cover recommended vaccines. Adults can get vaccines at your local health department, doctors' offices, and other locations.

This disease is not going away, but we can do your part in being vaccinated and take safe precautions to protect the ones we love.

Please stop by the Rush County Health Department at 611 Peace Street to check out our bulletin board in the entry way. If you would like information about what we do and about the services we offer, feel free to call or stop by. We also have a bulletin board in the Courthouse. This information is not intended to be a substitute for professional medical advice, it is provided for educational purposes only.

<http://www.rushcountykansas.org/Department/HealthDepartment/Diseases>.