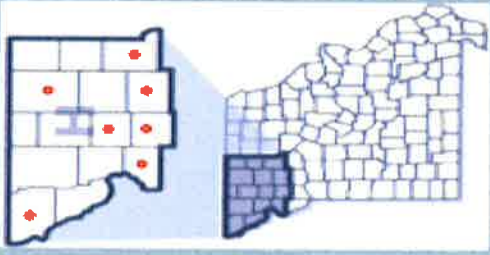


COVID-19 IN MISSOURI

Region H: 15 Confirmed Cases 0 Deaths

County	Total cases
Andrew	0
Audison	1
Buchanan	5*
Caldwell	1
Clinton	4
DeWitt	0
DeKalb	1
Gentry	0
Grundy	0
Harrison	2
Holt	0
Livingston	1
Mercer	0
Nodaway	0
Worth	0

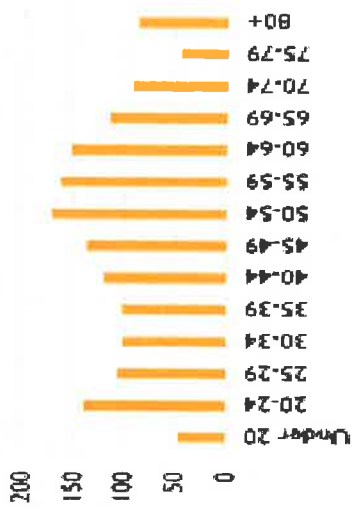


Holt County

- Confirmed Cases: 0
- Confirmed Deaths: 0

*Missouri: 1581 Confirmed Cases 18 Deaths
 Patients tested in MO (all labs): approximately 17,427

Missouri Cases by Age



* Source: Missouri Department of Health and Senior Services

* 1 case identified by DOC

30 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms[®] can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



cdc.gov/COVID19-symptoms

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04/02/2020

WHAT SHOULD I DO IF I FEEL SICK?

SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOME.

STAY HOME, EXCEPT TO GET MEDICAL CARE

CALL YOUR MEDICAL PROVIDER TO SEEK MEDICAL ASSESSMENT

COVER YOUR COUGH AND SNEEZES

WASH YOUR HANDS OFTEN

AVOID SHARING PERSONAL HOUSEHOLD ITEMS WITH OTHERS

CLEAN ALL FREQUENTLY TOUCHED SURFACES

MONITOR YOUR SYMPTOMS

If you call 911 -tell them you're are experiencing respiratory symptoms.

Please call ahead before going to a medical provider.

FACE MASKS FOR COVID-19



Making Face Masks for COVID-19

Mosaic Life Care has received an outpouring of generous responses from community members wanting to help by sewing fabric face masks. While fabric face masks are not to be used in the care of COVID-19 patients, according to the CDC, fabric face masks are a crisis response option when other supplies have been exhausted. Fabric face masks can also be helpful in other areas of patient care as supplies of personal protective (PPE) equipment are depleted.

Mosaic currently has a sufficient amount of PPE and will continue to work to provide for the safety of our patients and caregivers.

Details About Making and Delivering Fabric Masks

- Use tightly woven cotton fabric on both sides.
- When your masks are complete, below are the drop off areas:
 - **St. Joseph**
Mosaic Life Care Foundation
516 S. 37th St.
St. Joseph, MO 64501
 - **Maryville**
Mosaic Medical Building - Maryville
2024 S. Main St.
Maryville, MO 64468
 - **Albany**
Dropbox at
402 E. Hwy 136
Albany, MO 64400
(turnkey or Jackie Myers, office)
- Collected masks will be immediately sent to Mosaic Liferx Services for sanitizing, sterilization and prep for use.
- Mosaic intends to use these masks for patient use at this time. However, with the ever-changing landscape of COVID-19, fabric mask use could change.
- Any surplus masks may be distributed to other community organizations in need.



Making Face Masks for COVID-19

How to Make a Face Mask

What You Will Need

- Cotton fabric, tightly woven
- Ruler/elastic, beading cord elastic or 1/8" flat elastic

You Can Make Two Sizes: Adult and Child

1. Put right ends of cotton fabric together.
 - a. Cut 9" x 6" fabric.
 - b. Cut 25" x 5" fabric.
2. Start at the center of the bottom edge, sew to the left corner and stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop and bring the other end of the same elastic strip to the corner and sew a few stitches forward and back.
4. Now sew across the top of the mask to the next corner. Again, put an elastic strip with the edge out.
5. Sew to the next corner and stop in the other end of the same elastic strip.
6. Sew across the bottom (sewing about 1/2" or 3/4" away). Slip and cut the fabric apart inside out.
7. Put three ticks on each side of the mask. Make sure the ticks are the same direction on both sides of the mask.
8. Sew around the edge of the mask twice.

You can watch a video on making face masks on the [Dedicated Health YouTube Page](#).



Patterns for Surgical Masks and Isolation Gown

ISOLATION GOWN PATTERN

*Please use Polyester or Polyester/Cotton blend in size XL or Larger.

SURGICAL CAP PATTERN

3/31/2020 Community Hospital Fairfax (CHF) has an aggressive planning, requisition and conservation strategy regarding PPE (Personal Protective Equipment) needed for the treatment of patients with COVID-19. Currently, the hospital is not experiencing any shortages for required PPE.

However, many individuals in the community have reached out to the hospital to provide homemade PPE. Surgical caps and isolation gowns may be helpful if shortages occur in the future and would be welcomed by hospital staff. (Please note that CDC recommends isolation gowns be made of a polyester or polyester/cotton blend. Sizes XL or Larger are preferred.)

Volunteers interested in assisting in making these items may drop them at the front door of the hospital between 6 a.m. and 5 p.m. in a plastic bag. Please leave your name, address and phone number with donated items. On behalf of everyone at CHF, thank you!

FACE MASKS AND ISOLATION GOWNS FOR COVID-19

Pattern for Isolation Gown

http://www.fairfaxmed.com/files/8415/8567/9554/isolation_gown.pdf

Pattern for Surgical Cap

<http://www.fairfaxmed.com/files/2215/8567/9563/Bouffant.pdf>

SUPPORT FOR HARRISON COUNTY HEALTHCARE WORKERS

Instructions courtesy of

<https://sarahhinkley.com/>

04/02/2020

HCCCH Surgical Face Mask Guidelines



Please read below the face mask pattern HCCCH is requesting if you are wishing to donate.

This pattern has 2 layers of fabric, and an internal pocket in which the hospital can add additional layers of disposable filtration material if desired.

Supplies Needed:

- Tightly woven, high thread count, non-stretch fabric such as 100% cotton, denim, canvas, etc. (fabric must be new and unworn)
- 1/8" flat elastic for ear loops
- Fabric scissors
- Ruler
- Pins or clips
- Sewing machine and thread

Directions:

1. Cut the fabric. Cut 1 fabric rectangle 15.5" long and 8.5" wide. Then, cut 2 pieces of elastic, each 7" long.
2. Sew the top side, with pocket. Fold the fabric in half, with the right sides facing each other. Sew along the 8.5" width edge, using a 3/8" seam allowance. Leave a 2" opening in the center of the seam to create an opening for the filter pocket, and to allow the mask to be turned right side out after sewing.
3. Pin elastic. Pin one piece of elastic to the top and bottom of the front side of the fabric, rectangle to create an ear loop. Place the elastic 1/2" from the top and bottom edge of the fabric. Repeat this process on the opposite side.
4. Sew the sides. Sew the sides of the facemask. Sew elastic over the elastic to secure it. Turn the mask right side out and press with an iron.
5. Sew the pleats. Create three evenly spaced 1/2" pleats. Pin the folds in place, and sew along the sides. Making sure all pleats are facing the same direction. Note: When the mask is worn, the pleats should open downwards to prevent any particles from collecting in the fold pockets.



Instructions courtesy of <https://sarahhinkley.com/>