COVID-19 IN MISSOURI

Region H: 15 Confirmed Cases 0 Deaths

<table>
<thead>
<tr>
<th>County</th>
<th>Total cases</th>
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</thead>
<tbody>
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<td>Andrew</td>
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<td>Mercer</td>
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<tr>
<td>Nodaway</td>
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<tr>
<td>Worth</td>
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</tbody>
</table>

*1 case identified by DOC

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
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.
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.
Making Face Masks for COVID-19

Mosaic LifeCare 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 crucial 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 equipment (PPE) are depleted.

Mosaic currently has a substantial amount of PPE and will continue to work to ensure the safety of our patients and caregivers.

Details About Making and Delivering Fabric Masks

- Use tight-woven cotton fabric on both sides.

- When your masks are complete, below are the drop-off areas:
  - St. Joseph
    Mosaic LifeCare Foundation
    505 E. 2nd St.
    St. Joseph, MO 64501
  - Maryville
    Mosaic Medical Building - Maryville
    2924 S. Main St.
    Maryville, MO 64468
  - Atchison
    Drop Box at
    401 W. Hwy 166
    Atchison, MO 66002
  - Leavenworth
    Dr. J. Arrie Muncy, D.D.S.

- Collected masks will be immediately sent to Mosaic LifeCare Services for processing, sterilization, and prepare for use.

- Mosaic intends to use these masks for patient care at all sites. However, with the ever-changing landscape of COVID-19, fabric mask use could change.

- Any surplus masks may be distributed to other community organizations as need.

Making Face Masks for COVID-19

How to Make a Face Mask

What You Will Need

- Cotton fabric, tightly woven
- 2 pieces elastic, about 4-6" long

You Can Make Two Sizes: Adult and Child

1. Add right sides of cotton fabric together
   a. Cut 9" x 6" fabric
   b. Cut 5.5" x 5" fabric

2. Start at the center of the bottom edge, sew to the first corner and stop. Sew the fabric with the edges pulled out. Finish stitching, turn and stuff with a needle.

3. Sew to next corner, pull edge tight and cut elastic. Pull edge tight and stuff with a needle.

4. Now you've stitched the bottom of the mask. Again, pull edges of the same elastic tight. Pull edge tight and stuff with a needle.

5. Sew to the next corner and pull in the other end of the same elastic stop.

6. Sew across the bottom leaving about 1.5" of cloth. Cut off the excess turn, and repeat.

7. Put 3 elastic loops on each side of the mask. Make sure the loops are in the direction of stitches on each side of the mask.

8. Sew around the edges of the mask twice.

You can watch a video on making face masks on the Mosaic LifeCare 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 gown 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!
SUPPORT FOR HARRISON COUNTY HEALTHCARE WORKERS

Instructions courtesy of
https://sarahmaker.com/

HCCH Surgical Face Mask Guidelines

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

This pattern has 2 layers of fabric, and an internal pocket in which the hospital cut with 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 16.5" long and 9.5" wide. Then cut 2 strips at 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 1/8" seam allowance. Leave a 2" opening in the center of the seam to create an opening for the wire pocket, and to allow the mask to be turned right side out after stitching.
3. Pin elastic. Pin one piece of elastic to the top and bottom of the short 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 the process on the opposite side.
4. Sew the sides. Sew the sides of the facemask. Backstitch 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 pleats in place, and sew taking the stitches, 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 products.

website courtesy of www.sarahmaker.com