



April 28, 2020

Dear Families,

We have spent a lot of time over the past two months developing a comprehensive COVID-19 crisis management plan. Part of that includes educating staff on COVID-19 transmission and what to do if they show symptoms. However, we want to make sure *you* know what to do if you or another family member in your household starts to develop symptoms.

According to the CDC, people with COVID-19 have a wide range of symptoms that can be mild to severe. Symptoms include fever, cough, shortness of breath, new loss of taste or smell, chills. Some people have also reported a sore throat, muscle pain and headache.

If you notice one of more of the following symptoms, call your primary care physician. They may recommend a virtual visit or have you come to their office but remain in your vehicle. Your doctor will decide if you should take a COVID-19 test and will refer you where to go. If you do not have a primary care doctor, call an Urgent Care clinic.

In the meantime, avoid being around other people, stay hydrated and take care of yourself. See the attached guide from the CDC below.

If you are having trouble breathing, persistent pain or pressure in the chest, new confusion, or bluish lips or face call 911 immediately.

Some other helpful resources include:

Metrowide Hotline: 913-396-7070

CDC: <https://www.cdc.gov/>

KDHE: <https://www.kdheks.gov/>

Wyandotte County Public Health: <https://www.wycokck.org/Health.aspx>

Kansas COVID Response and Recovery: <https://covid.ks.gov/>

Kansas testing sites: <https://carbonhealth.com/coronavirus/covid-19-testing-centers/Kansas>.

Missouri testing sites: <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/mobile-testing.php>

COVID-19 Testing: www.doineedacovid19test.com

Sincerely,
Heather Callahan
Community Leader