



# 4-7-20 Daily Riley County Coronavirus Response Update

(RILEY COUNTY, KS – April 7, 2020) Taking care of mental health is an important component of self-care during the COVID-19 crisis. Fear and anxiety about the disease can be overwhelming and cause strong emotions in adults and children. Using tools to cope with stress will help make the community stronger.

The Centers for Disease Control and Prevention (CDC) provides the following advice to help cope with stress:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy while maintaining social distancing guidelines.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

“The stress of isolation and the sense of uncertainty about the future can cause a lot of tension at home,” said Riley County Police Department (RCPD) Assistant Director Kurt Moldrup. “RCPD recently shared information and guidance for people who need support or who might be in a dangerous situation. Please don’t be afraid to reach out. Help is available.”

If someone is in a hostile or dangerous situation at home, they are encouraged to take the following steps:

- Call 911 if you are in case of emergency
- Locate a safe place within the home (preferably with door or exit window) for you and/or your children to create natural separation when situations get tense
- Remain in social contact with family and friends via phone, social media or Facetime
- Create “code words” with trusted family/friends and children if you are in trouble
- Ensure Emergency SOS or Emergency Location Sharing function is activated on your cell phone



- Pack an emergency bag (with extra set of keys, clothes, medications and important documents) if you must leave quickly

These important contacts can assist with safe services, helpful information and emotional support:

- The Crisis Center 785-539-2785 (24 hour services and emergency shelter)
- RCPD Victim Advocate Coordinator 785-473-2390
- Pawnee Mental Health’s Crisis Stabilization Unit 800-609-2002
- KCSDV Hotline 888-END-ABUSE (888-363-2287)
- National DV Hotline 800-799-7233

**Riley County Statistics for Monday, April 7, 2020:**

- Total positive cases in Riley County Residents: **17**
  - \*Total Recovered: **2**
  - Median age: **37.2**
- Total negative tests for Riley County Residents: **84**
- Total pending tests for Riley County Residents: **11**
- Total Riley County residents being monitored (includes close contacts and travelers, but NOT positive cases): **30**
- Total Riley County Residents who have completed their monitoring/quarantine period: **47**

COVID-19 Cases in Riley County Residents, by Age	
0 - 9 years	0
10 - 19 years	1
20 - 29 years	5
30 - 39 years	4
40 - 49 years	4
50 - 59 years	3
60 - 69 years	0
70 - 79 years	0
80+ years	0

*\*Note: Following CDC guidelines, patients are to remain in isolation through the duration of illness and are considered to be recovered after the following criteria have been met: At least three days (72 hours) since resolution of fever, without the use of fever-reducing medications and Improvement of respiratory symptoms AND At least seven days have passed since symptoms first appeared <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>*

People should only go out for essential needs and limit contact with others. Any non-essential travel should be avoided.

For more information about Riley County’s response to the Coronavirus (COVID-19) threat, visit the Riley County website at <https://www.rileycountyks.gov/covid19>, follow RCHD on Facebook at <https://www.facebook.com/Rileycountyhealthdepartment/> and Twitter @RileyCoHealth.

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