

Mitchell County Plan for Re-Opening

Phase Out

PURPOSE AND INTRODUCTION

The Mitchell County Phase Out Plan continues to follow the Ad Astra Plan developed by Governor Kelly. Mitchell County residents have done a remarkable job adhering to recommendations and requirements throughout the last few months, and that remains crucial moving forward. Our priorities remain to protect our most vulnerable populations, not overburden our healthcare resources, continuing to support economic activity, and preventing the spread of COVID-19 as best as possible. While we are moving into the Phase Out portion of reopening Mitchell County, our recommendations remain to practice social distancing, perform hand hygiene often, disinfect highly used surfaces often, and avoid contact with a known positive case.

SUMMARY OF KEY POINTS

- Phase Out for Mitchell County began June 15th, 2020 at 12:01 a.m.
- The Mitchell County Phase Out plan was developed following the guidance document received from Governor Kelly.
- Phase Out will be a strong recommendation only, with emphasis placed on education to the public and mitigating the spread of COVID-19.
- Mitchell County Health Department, Health Officer, and Board of Health will continue to evaluate the state's disease spread, testing rates, death rates, hospitalizations, ability of state and local public health authorities to contain outbreaks and conduct contact tracing, and personal protective equipment availability.
- While a defined mass gathering number will not be identified in the Phase Out Plan, we continue to urge community members to avoid large mass gatherings when possible.

- **Mass Gathering Definition:** Mass gatherings are defined as instances in which individuals are in one location and are unable to maintain a 6-foot distance between individuals (not including individuals who reside together) with only infrequent or incidental moments of closer proximity.
- Mitchell County does reserve the right to implement further restrictions if a surge of COVID-19 cases emerges, the decisions will be based on the situation at that time.

GUIDING PRINCIPLES

- County recommendations must allow for the actions included in each phase. To move from one phase to the next, the following criteria must be met:
 - Disease spread is stable or declining over a 14-day period
 - Hospitals identify a decreasing number of new COVID-19 admissions, with a stable or downward trajectory of the COVID-19 inpatient counts within a 14-day period
 - Decreasing number of COVID-19 deaths within a 14-day period
 - Sufficient testing supplies and Personal Protective Equipment (PPE) must be available
 - The public health systems must be able to promptly identify and isolate infected individuals and identify and quarantine necessary contacts
- When able, staying home is recommended, especially for the vulnerable and high-risk population
- Social distancing measures should continue to be followed:
 - Stay 6 feet away from people when possible
 - Limit non-essential travel
 - Limit interaction with people not in the same household when possible
- Masks are recommended to be worn in public
- Practice good hygiene (i.e. washing hands with soap and water, using hand sanitizer); Disinfect surfaces frequently
- Avoid touching your face, mouth, nose, or eyes
- Follow the Centers for Disease Control and Prevention (CDC) and the Kansas Department of Health and Environment (KDHE) for updated list of symptoms of COVID-19
 - Symptoms include (but are not limited to): fever, cough, shortness of breath, sore throat, headache, chills, aches, fatigue, loss of smell or taste, nausea/vomiting, and diarrhea
- Businesses, organizations, or facilities may have stricter regulations than what are listed below, but may not have less strict regulations

	<h2 style="color: #0070C0;">Phase Out</h2> <h3>Beginning June 15st, 2020</h3>
General Provisions	<ul style="list-style-type: none"> • No defined mass gathering number. Continue to maintain social distancing where applicable. • Local governments retain authority to impose equal or more stringent restrictions during this phase, except as to essential functions in KEFF. • All businesses and activities should institute appropriate public health measures. • Individuals should continue hygiene protocols and practice social distancing when applicable. High-risk individuals should still exercise additional caution. • Any federal restrictions imposed and still in effect must be followed.
Fundamental Public Health Guidelines: Guidance for Individuals	<ul style="list-style-type: none"> • Stay home as much as possible. • Wash hands frequently with soap and water for at least 20 seconds. If soap and water is not available, use hand sanitizer with at least 60% alcohol. • Avoid touching your eyes, nose and mouth. • Distance yourself from other when in public, especially if you have a medical condition that puts you in a high-risk category. • Cover your mouth and nose with a cloth masks when in public. Learn more about children and masks. • Cover coughs and sneezes into an elbow or tissue. Throw the used tissue away and immediately wash your hands. • Clean and disinfect touched surfaces daily, including phones, keyboards, doorknobs, handles and light switches. <p>INDIVIDUALS FEELING SICK:</p> <ul style="list-style-type: none"> • If you are experiencing any of the following symptoms, seek medical care: fever (>100 F or 38 C), headache, cough, sore throat, rash, shortness of breath, chest pain,




	<p>joint or muscle aches, weakness, vomiting, diarrhea, stomach or abdominal pain, and lack of appetite.</p> <ul style="list-style-type: none"> • Stay home except to get medical care. • Separate yourself from other people in your home. • Wash your hands often and avoid touching your face. • Designate someone to routinely clean high-touched surfaces. <p>HOUSEHOLDS WITH SICK FAMILY MEMBERS</p> <ul style="list-style-type: none"> • Give sick members their own room if possible and keep interactions limited. • Consider providing additional protections or more intensive care for high-risk household members. • Have only one family member care for them.
<p>Fundamental Public Health Guidelines:</p> <p>Guidance for Employers</p>	<ul style="list-style-type: none"> • Develop and implement appropriate policies in accordance with federal, state, and local regulations and guidance and share with employees. • Continue to use telework if possible and use of variable work schedules. • Use nonmedical cloth masks. • Frequent handwashing of employees and/or use of gloves when applicable. <i>Use of gloves does not take the place of good handwashing, and gloves must be changed frequently to be effective.</i> • Incorporate engineering controls, such as physical barriers, where possible. • Reconfigure space to enable people to be located at least 6 feet apart. • Support and enable employees to remain at home if they are unwell or have been in close contact with someone who is sick. • Establish strict routine cleanings by sanitizing frequently touched surfaces in between customer exchanges. • Provide signage at public entrances to inform all employees and customers of social distancing guidelines mandated within your business. • Create a plan for a potential outbreak or exposure in your community. If an employee tests positive for the virus, immediately contact the Mitchell County Health Department and follow instructions received. • Follow industry specific guidelines available at covid.ks.gov.

	<ul style="list-style-type: none"> • <i>Educational facilities</i> must continue to follow recommendations and requirements as determined by their governing body.
<p>Fundamental Public Health Guidelines:</p> <p>High-Risk Population</p>	<p><i>High-risk individuals</i> include those with underlying medical conditions, including chronic lung disease, asthma, heart conditions, severe obesity, chronic kidney disease, liver disease, or who are otherwise immunocompromised.</p> <ul style="list-style-type: none"> • Wear face masks when traveling outside of your household or interacting with other individuals. • Monitor health and potential symptoms closely and report any signs of COVID-19. • Limit all travel; telework if possible. • Limit attending gatherings of any number of people outside of your household or residence. • Do not visit nursing homes or other residential care facilities if possible. • Those who are, or work with, high-risk populations should undergo daily screenings/symptom monitoring and should be tested if they develop symptoms. • Households with high-risk individuals should consider providing more intensive precautions and should conduct themselves as if they are a significant risk to the high-risk individual, including wearing a face covering and washing hands frequently.

Mitchell County Phase Re-Opening Plan

	Phase 1	Phase 1.5	Phase 2	Phase 3	Phase 4
	May 4th-May 17th	May 18th - May 21st	May 22nd - May 31st	June 1st - June 14th	June 15th and forward
Gathering Size	10 Max	10 Max	15 Max	90 Max	Social Distancing Recommended
Restaurants	Open - Not to exceed mass gathering size per table - Tables 6 ft apart - No max capacity				Open
Licensed Daycare Facility	Open	Open	Open	Open	Open
Libraries	Closed	Open	Open	Open	Open
Gyms	Closed	Open with restrictions	Open	Open	Open
Barbers/Salons	Closed	Open with restrictions	Open	Open	Open
Massage	Closed	Open with restrictions	Open	Open	Open
Graduations	Closed	Open with restrictions	Open	Open	Open
Community Center	Closed	Closed	Open	Open	Open
Movie Theaters	Closed	Closed	Open	Open	Open
Organized Sports	Closed	Closed	Open with restrictions	Open	Open
Indoor Leisure Spaces	Closed	Closed	Open	Open	Open
Pools	Closed	Closed	Closed	Open	Open
Bars (carry-out / curbside only)	Closed	Closed	Closed	Open	Open
Fairs, Festivals, Carnivals, & Parades	Closed	Closed	Closed	Open	Open
Summer Camps	Closed	Closed	Closed	Open	Open
Large Entertainment Venues	Closed	Closed	Closed	Open	Open
K-12	Closed	Subject to EO 20-07, with exemptions	Subject to EO 20-07, with exemptions	Subject to EO 20-07, with exemptions	Subject to EO 20-07, with exemptions
Higher Education	Subject to exemptions	Subject to exemptions	Subject to exemptions	Subject to exemptions	Subject to exemptions
Hospital Care (elective)	Open (up to facility)	Open (up to facility)	Open(up to facility)	Open(up to facility)	Open(up to facility)
Dentists and other care	Open (up to facility)	Open (up to facility)	Open(up to facility)	Open (up to facility)	Open(up to facility)
Masks Not Required but are suggested					
Subject to change based upon current conditons					
If your entity is not listed and you have questions about the guidelines please call us					
Mitchell County Health Department (785)738-5175					

KDHE Travel-Related **Mandatory 14 Day Quarantine Areas:**

	Type	Effective Date	Where?
	Domestic Travel	On or after March 15	New York
		On or after March 23	New Jersey Illinois
		On or after April 6	Connecticut
		On or after April 30	Massachusetts Rhode Island
		On or after May 12	Maryland
			International Travel
	Cruises	On or after March 15 People previously under quarantine because of their cruise ship travel should finish out their quarantine	All cruise ships and river cruises



*KDHE travel restrictions updated on 5/12/2020.