



Dear Students,

Ellis County Health Department is grateful for the youthful exuberance that you bring to our community. However, during these difficult and fearful times we want to ensure that you are each consciousness of the community as well. Kansas has implemented a **Statewide Stay At Home Order**. Most business and all communal recreational activities are prohibited. If you have traveled outside of Ellis County during spring break, we strongly encourage you to remain at home with your family. If you must return to Ellis County, please abide by and follow the guidance below.

You will be subject to a mandatory 14-day quarantine if you have:

- Traveled to Louisiana or anywhere in Colorado on or after March 27.
- Traveled to a state with known widespread community transmission (California, Florida, New York and Washington state) on or after March 15.
- Traveled to Illinois or New Jersey on or after March 23.
- Visited Eagle, Summit, Pitkin and Gunnison counties in Colorado in the week of March 8 or after.
- Traveled on a cruise ship or river cruise on or after March 15.
- Traveled internationally on or after March 15.
- Had close contact of a laboratory-confirmed case of COVID-19. You should quarantine at home for 14 days since your last contact with the case. (A close contact is defined as someone who has been closer than 6 feet for more than 10 minutes while the patient is symptomatic.)

If you meet the criteria above, we need you to contact the Ellis County Health Department at (785) 628-9440 or FHSU Student Health at (785) 628-4293. It is certainly possible that KDHE could expand the identified locations again in the coming hours and days, or issue additional guidelines and mandates, and we urge you to continue to consult and adhere to KDHE and CDC recommendations and restrictions.

If you have traveled to any other areas experiencing community spread of COVID-19, or are otherwise generally not feeling well, we also ask that you self-quarantine. If you feel that you may be experiencing COVID-19 symptoms (cough, fever, or difficulty breathing), or may have been exposed to COVID-19, we would ask that you not return to Ellis County and consult your primary care provider or the Hays Medical Center COVID-19 hotline at (877) 261-7140.

To ensure the safety of all residents and visitors of Ellis County we ask that you:

- Engage in social distancing. 6 ft or more at all times.
- If you are ill or feeling ill do not go to work or school. Isolate and call your doctor/ student health
- Avoid close contact with people who are sick.
- **Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.**
- **Avoid touching your face, eyes, nose, and mouth with unwashed hands.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**
- **Clean and disinfect frequently touched objects and surfaces.**

Please continue to follow guidance and updates from [www.cdc.gov](http://www.cdc.gov) and [www.kdheks.gov](http://www.kdheks.gov).

