

[Morton County KS Emergency Management](#) and [Morton County Health Department](#) would like to critically stress that it is IMPERATIVE that if you are SICK or experiencing ILLNESS for ANY reason, please stay home\*!!

\*Not because of coronavirus but because it is ALWAYS the RIGHT thing to do.

▶ After all, we are already in the middle of sick season (with flu, strep, respiratory illnesses, RSV to name a few) which creates a high drive for sick season care and puts our vulnerable populations (elderly & immunocompromised) at risk!!

▶ Every year after Spring Break we see an increase in our sick season visits in healthcare and our sick season surveillance numbers (which report positive cases of illness to the local Health Officer).

\*Together we can all make a difference in our overall community health.

▶ Please take care of your family and friends emotional health. Pandemics, Outbreaks, and National Emergencies can be stressful for adults and children. But children respond differently to stressful situations. Talk with your children, friends and family, try to stay calm, and reassure them that they are safe.

Secretary Lee Norman, M.D. says it best. "You own your own preparedness."

Keep yourself and your community healthy by doing the following:

Washing your hands.

Avoiding touching your face.

Covering sneezes & coughs.

STAYING HOME if you are sick!

[#PreventTheSpreadofALLillness](#) [#Bestill](#) [#FlattenTheCurve](#)

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