



## YOUR QUESTIONS ABOUT CORONAVIRUS ANSWERED

### Should I worry about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones. We can channel our concerns into actions to protect ourselves, our loved ones and our communities. First and foremost among these actions is regular and thorough hand-washing and good respiratory hygiene. Secondly, keep informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.

### Should I wear a mask to protect myself?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face masks can only be used once. If you are not ill or if you are looking after someone who is ill, then you are wasting a mask by wearing one. There is a world-wide shortage of masks, so WHO urges people to use masks wisely.

### Will warm weather stop the outbreak of COVID-19?

It is not yet known whether weather and temperature impact the spread of COVID-19. Some other viruses, like the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months. At this time, it is not known whether the spread of COVID-19 will decrease when weather becomes warmer. There is much more to learn about the transmissibility, severity, and other features associated with COVID-19 and investigations are ongoing.

HAPPENINGS



## What should I do if there is an outbreak in my community?

During an outbreak, stay calm and put your preparedness plan to work.

- Protect yourself and others.
- Stay home if you are sick. Keep away from people who are sick. Limit close contact with others as much as possible (about 6 feet).
- Put your household plan into action.
- Stay informed about the local COVID-19 situation. Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.
- Continue practicing everyday preventive actions. Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.
- Notify your workplace as soon as possible if your regular work schedule changes. Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child's school is dismissed temporarily.
- Stay in touch with others by phone or email. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends, especially those at increased risk of developing severe illness, such as older adults and people with severe chronic medical conditions.

# ParkRx Day - April 25, 2020



We invite you to join us on this special day celebrated across the United States to promote the growing movement of prescribing parks and nature to patients to improve human health. This year we're putting a spotlight on how getting outdoors makes you healthier, happier, and more fulfilled.

### Reasons to get outdoors and enjoy a park on ParkRx Day:

- Being in nature can improve your mood.
  - Having access to parks can increase physical activity and combat obesity.
  - Parks and their health benefits can be enjoyed by anyone regardless of who you are and where you come from.
  - Contact with nature through parks improves all people's physical, mental, and spiritual health.
  - Parks foster social connections, which are vital to community cohesion and contribute to social well-being.
  - For children, parks foster active play, which is associated with physical, cognitive, and social benefits.
- For adolescents, parks improve mental and social health during what is often a challenging time of life.
  - Park use is linked to physical and mental health benefits among adults, especially older adults.

### Parks in a 70 Mile Radius of Kiowa District Hospital:

- **Alabaster Caverns State Park** - Freedom, OK - 59.1 miles
- **Great Salt Plains State Park** - Jet, OK - 39.5 miles
- **Little Sahara State Park** - Waynoka, OK - 55.0 miles
- **Gloss Mountain State Park** - Fairview, OK - 61.2 miles
- **Barber State Fishing Lake and Wildlife Area** - Medicine Lodge, KS - 25.5 miles
- **Coldwater Lake** - Coldwater, KS - 67.0 miles
- **Kingman State Fishing Lake and Wildlife Area** - Cunningham, KS - 58.1 miles

Take a day trip on ParkRx Day and try out one of these great parks just around an hour or less drive away from Kiowa!

# Stress Awareness Month is in April



April is marked as Stress Awareness Month, which is the perfect time to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

## What can you do for Stress Awareness Month?

- Talk about Stress and it's effects – lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime it might help you take your focus off your own challenges.
- Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through wit with compassion and empathy.
- Look after yourself – we all need to think more about self –care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

## Foundation Update

Friends of Kiowa District Hospital & Manor Foundation gives a big thank you to all the people who work to make sure our local health care services meet the community's needs, even during a pandemic. It is easy to become overwhelmed by disrupted school and work schedules, changes in how we interact with friends and family and cancelled events. When we start to have those feelings, it is important to recognize the helpers who are making it possible for everyone to get through a tough time.

Thank you Kiowa District Healthcare staff at the hospital, clinic and Manor. Your extra efforts to keep patients, residents and staff as healthy as possible at this time of new risks are a great gift to our community. You are our helper heroes.





# Fast Fish Tacos

Make your own restaurant style tacos at home for a light and healthy meal.

## INGREDIENTS

- 1 pound cod or white fish fillets,
- cut into 1-inch pieces
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 1/2 package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped tomatoes
- 1/2 cup nonfat sour cream or nonfat plain yogurt

## INSTRUCTIONS

1. In a medium bowl, combine fish, olive oil, lemon juice and seasoning mix; pour into a large frying pan.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato and sour cream. You may add taco sauce or lime juice for extra flavor!



# IMPORTANT DATES

April 1 - April Fool's Day  
April 7 - World Health Day  
April 22 - Earth Day



# EMPLOYEE SPOTLIGHT

*Elaine Johnson*

## Where are you from?

I was born & raised in Kiowa, KS.

## Tell us about your family.

I'm married to my husband Mark Johnson. We have a daughter, Heather Miller and her husband Mylo, who have two daughters Livia & Remi. Our son, Garret Johnson and his wife Rebecca, have three children - Harley, Maggie, and Woodrow. We are fortunate to have them living close and are able to spend a lot of time with kids and grandkids. We also have a "bonus" daughter, Ameer Stapleton, who came into our lives about 12 years ago and is part of our family.

## Do you have a favorite season?

Spring/Summer is probably my favorite season. I love to be outside enjoying the warm weather & sunshine.

## What's something most people don't know about you?

I played the oboe in band. It is an unusual instrument that I actually began on in the 5th grade. At this time we had a married couple who were the band instructors and double reed instruments were her specialty. After high school I also gave lessons to a couple of girls in Kiowa and helped them to begin playing the oboe. I found out a few years after choosing this instrument that this is what my mom played too and was very accomplished at it.

## What aspect of your job do you enjoy the most?

I enjoy being around people so for me these two go together. I like the interaction with the different departments. There is a lot to learn and I appreciate how helpful everyone has been, and patient!

## What's your favorite thing to do on your days off?

I like to go for a walk, play tennis, during the summer go swimming or to the lake.

## When are you happiest?

When I'm spending time and making memories with my family!