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| **March 24, 2020 (Issue 13)** |

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| **Stay Alert - Stay Healthy - Stay Educated - Stay Prepared** |

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| If you know of someone who would like to receive this community update on COVID-19 or you would like to be removed from the email list, please contact Pam Palm at 740-399-8002 or ppalm@knoxhealth.com.  |

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| **CURRENT STATUS** |

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| Knox County still has two confirmed cases of COVID-19. One is still being treated at Knox Community Hospital while the other is at home.Ohio now has **564**cases of the coronavirus (COVID-19) in 49 counties. There are **8 deaths** in the following counties**:**Cuyahoga (2), Erie (1), Franklin (2), Gallia (1), Lucas (1), Stark (1)  |

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| Ashland (1), Ashtabula (3), Belmont (2), Butler (18), Carroll (3), Champaign (1), Clark (2), Clermont (5), Clinton (1), Columbiana (3), Coshocton (3), Crawford (1), Cuyahoga (167), Darke (1), Defiance (2), Delaware (11), Erie (1), Fairfield (2), Franklin (75), Gallia (1), Geauga (5), Greene (3), Hamilton (38), Hancock (1), Highland (1), Huron (2), **Knox (2)**, Lake (11), Licking (2), Logan (2), Lorain (30), Lucas (11), Madison (1), Mahoning (28), Marion (4), Medina (15), Miami (19), Montgomery (10), Portage (4), Richland (4), Sandusky (1), Stark (13), Summit (36), Trumbull (4), Tuscarawas (3), Union (2), Warren (7), Washington (1), Wood (2) |

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| Nationally there are **44,183**total cases along with **544**deaths.  |

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| **STAY AT HOME ORDER** |

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| The **Stay at Home Order** was in yesterday's newsletter, but it's still the one issue we are getting the most calls on at our call center. It has gone in effect but according to Sheriff David Shaffer, educational discussions will be conducted to those individuals or groups that are in violation.This order prohibits holding gatherings of any size and closes all nonessential businesses. It does **NOT** prohibit essential activities like going to the grocery store, receiving medical care, or taking your pet for a walk. Residents can return home from out of state and can leave the state.For FAQs, [CLICK HERE](https://knoxhealth.us15.list-manage.com/track/click?u=410162c8e34fe7dd4aa31e159&id=2358b27ab8&e=417639a17b)or the graphic above. |

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| **HELP IN QUITTING TOBACCO** |

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| Since Knox Public Health has cancelled all local tobacco cessation support groups temporarily, there is still help available for those that want to break their addiction. Residents can call the Ohio Tobacco Quit Line (1-800-QUIT-NOW). The Quit Line offers **FREE** counseling, support and nicotine patches/gum/lozenges regardless of insurance.It is strongly recommended to quit smoking any nicotine-based products, including vaping (Juul, e-cigs, mods, vapes, etc.) devices with the outbreak of the Coronavirus. The virus attacks the lungs, which smoking behaviors can weaken the lungs putting individuals at greater risk.The Ohio Tobacco Quit Line will conduct all counseling sessions over the phone and nicotine patches/gum/lozenges will be mailed to help you during your quit journey. **Now is the time to quit, make the call.**  |

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| **STUDENT FITNESS FUN** |

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| Need some exercises to do with your kids with no equipment? Click on the Avengers above, which will send you to a YouTube video to start your fitness training. The videos are designed by an elementary physical education teacher but anybody at home can do them. The activities also meet presidential standards used by the schools.  |

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| **KNOX COUNTY SERVICES & LIMITATIONS** |

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| As this list of Knox County Services and Limitations is lengthy and changes often as new information is gathered, **click on the county flag** for the latest. Be Safe, Knox County!  |

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| **FOR MORE INFORMATION** |

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| Knox County call-line is **740-399-8014**  - 8am-5pm (Mon-Fri)Call **211** for local services and resources available in Knox CountyState 24/7 COVID Hotline is at **1-833-4-ASK-ODH**For Mental/Behavioral Health issues call **1-877-275-6364**Please view the most, up-to-date information at the CDC or ODH websites, as well as our Knox Public Health page. (Click on the logos to be directed to the sites) |

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| **Should you have any questions regarding COVID-19** **in Knox County, contact: Lisa Dudgeon, RN, Director of Nursing at Knox Public Health, 740-392-2200, ext. 2236 or**ldudgeon@knoxhealth.com |

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| Created March 24, 2020 - Knox Public HealthThe Knox Public Health is a nationally accredited public health agency committed to promoting healthy lifestyles, preventing illness and protecting the environment for our community.**Promotion, Prevention and Protection...We are Public Health!**  |

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