



KENT HEALTH DEPARTMENT

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December 23, 2021

PUBLIC HEALTH NOTICE: Steps to take during the Christmas COVID 19 surge

The City of Kent is experiencing an overwhelming number of new COVID cases daily. The 44240 zip code is currently seeing 1,642/100,000 cases per capita weekly. This is more than 15 times the CDC's threshold for a "high" level of transmission, and is even higher than this time last year. Because of this, local public health officials are experiencing delays in case investigation and notifications.

IMPORTANT STEPS YOU CAN TAKE:

1. Our local hospitals are at capacity. **DO NOT GO TO THE EMERGENCY DEPARTMENT FOR COVID-19 TESTING UNLESS YOU ARE SERIOUSLY ILL.**
2. COVID-19 testing is available at NEOMED from 10am – 4 pm every Tuesday, Wednesday, and Thursday in December.
3. Both Portage County and Kent City health departments are out of Binax Covid-19 test kits. We will notify the public when the tests become available.
4. Everyone, regardless of vaccine status, should **mask** when out of their home - especially in crowded indoor or outdoor conditions.
5. It is time to seriously consider delaying, curtailing, or even canceling **holiday plans** until cases start to drop, and taking particular care around **vulnerable people**.
6. Get vaccinated now – if not for yourself, then for others around you; seek a booster according to the date of your last shot.
7. **If you test positive** for COVID it is essential that you **isolate**, stay home, and stay away from others for 10 days. Wear a mask, even in your own home if you have to be out of your room. Notify people you were in close contact with, starting 48 hours prior to your symptoms began (within 6 feet for 15 minutes or more).
8. **If you have been exposed** to a known case and develop symptoms, presume that you do have COVID. Stay home and isolate yourself for 10 days. Seek testing: if fully vaccinated test between days 3-5 after your last exposure; if unvaccinated, test between

days 5-7. Testing too soon after exposure may yield a “non-detected” result when you are truly positive.

9. If you have been exposed and do not have symptoms, quarantine yourself and monitor for symptoms for a full 14 days. Test using the guidance above. Fully vaccinated individuals who are exposed and asymptomatic may use a modified quarantine, wearing a mask and monitoring for symptoms, for 14 days.

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