



# Warren County Health Department

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## Media Release

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### **Second Positive Test for COVID-19 in Warren County**

A second Warren County resident has tested positive for coronavirus disease (COVID-19). The case is a male between the ages of 60-80. Due to federal privacy restrictions, release of any additional information on this case is prohibited. Public health officials are identifying and contacting all close contacts of this case.

The Warren County Health Department is following all the guidelines set forth by the Centers for Disease Control and Prevention (CDC) and the Illinois Department of Public Health (IDPH) and taking all the necessary precautions with this case. Health department staff are working to identify, investigate, and actively monitor individuals who were in close contact with the patient. “We understand this development causes heightened concern; however, the health and safety of our residents is our highest priority,” said Jenna Link, Public Health Administrator of Warren County Health Department.

Residents are encouraged to be vigilant and continue to take preventative actions to prevent the spread of illness. Everyone has a role to play in staying healthy and keeping others healthy. Remember the 3 C’s – clean, cover, contain.

#### **Clean**

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.

#### **Cover**

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- If no tissue is available, cough or sneeze into your upper sleeve, not your hands.

#### **Contain**

- Stay home when you are sick.
- Avoid close contact with people who are sick.

The Warren County Health Department encourages residents to stay informed on the evolving situation. Additional cases are expected and residents should take steps now to reduce the impact this will have on their daily lives. It is very important for the public to implement social distancing to limit the spread of this virus. Social distancing means putting distance between yourself and others, and staying home as much as possible. Be mindful of those who are at a greater risk for contracting this virus, including older adults and those with certain health conditions.

### **Social distancing:**

- **Stay home when you are sick**
- **Avoid mass gathering and large crowds (avoid social gatherings of more than 10 people)**
- **Limit the amount of time spent in the community (all non-essential activities need to be avoided)**
- **If you must pick up prescriptions or groceries, use caution and keep a 6 ft. distance from others**
- **Wear a cloth mask when out in public**
- **Work from home as much as possible**

### **What do I do if I am not feeling well and have respiratory symptoms?**

- If your symptoms are mild, please stay home for at least 7 days after you first became ill, or 72 hours after your fever has resolved and symptoms are improving, **whichever is longer.**
- You should consult with your doctor if you have a fever, cough, trouble breathing, or other flu-like symptoms that are not better or are worsening after 24-48 hours or if you have mild symptoms and are pregnant or immunosuppressed or are an older adult with chronic health conditions.
- Your health care provider will determine if you should be tested and collect appropriate samples for testing.
- If you think you need immediate medical attention, please call ahead to your health care provider before going in for care. This will allow them to take the right steps to protect themselves and other patients.
- If you think you are having a medical emergency, call 911. If you have been exposed to COVID-19, notify dispatch personnel so they can alert emergency medical services.

### **Where can I get the most reliable and up to date information?**

- The Illinois department of public health [www.dph.illinois.gov](http://www.dph.illinois.gov)
- The Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- The Warren County Health Department [www.warrencohealth.com](http://www.warrencohealth.com)

Thank you for your patience and understanding. WCHD staff are available by phone or our Facebook page to answer your questions. For general questions about COVID-19, call the IDPH hotline at 1-800-889-3931 or email [dph.sick@illinois.gov](mailto:dph.sick@illinois.gov).