



Warren County Health Department

Media Release

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COVID-19 Case Update in Warren County

The Warren County Health Department is announcing 10 additional confirmed cases of coronavirus disease (COVID-19), bringing the total cases to 14. Due to federal privacy restrictions, release of any additional information is prohibited.

The new cases include:

- 1 female between the ages of 20-40
- 1 female between the ages of 40-60
- 2 females between the ages of 60-80
- 3 males between the ages of 20-40
- 2 males between the ages of 40-60
- 1 male between the ages of 60-80

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 all cases. Health department staff are working to identify, investigate, and actively monitor individuals who were in close contact with the confirmed cases. The health department will continue to release numbers of confirmed cases for Warren County residents.

COVID19 is spreading in the community and residents should be taking necessary precautions to prevent the spread of illness. Everyone has a role to play in staying healthy. Individuals have the potential to be contagious for up to 48 hours prior to showing any signs of symptoms. You are encouraged to self-monitor daily for any of the following symptoms: fever, sore throat, cough, shortness of breath, difficulty breathing, chest tightness, loss of taste/smell, extreme fatigue, headaches, and muscle aches. If you are experiencing any of these symptoms you should stay home.

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.

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
- The Centers for Disease Control and Prevention www.cdc.gov
- The Warren County Health Department www.warrencohealth.com

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.