



FOR IMMEDIATE RELEASE

April 30, 2020

Joint Crisis Communication Team Press Update

As of today's release, the Joint Crisis Communication Team (CCT) reports the following numbers:

COVID-19 Macon County, Illinois

Updated 4/30/2020

Confirmed Cases
111

Released from Isolation
17

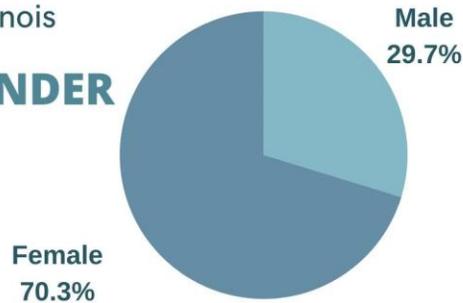
Home Isolation
75

Hospitalized
7

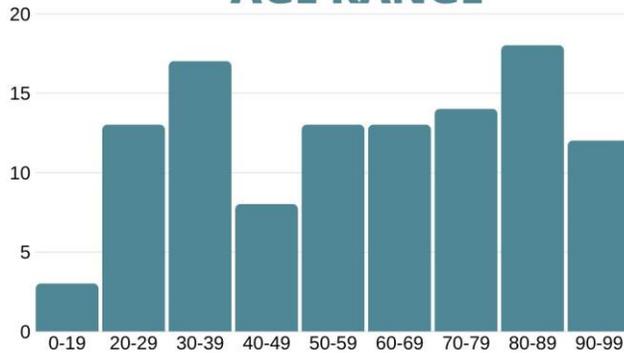
Deaths
12



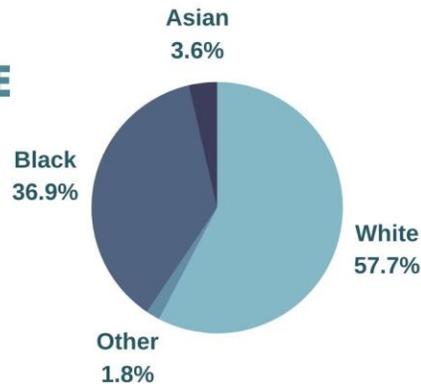
GENDER



AGE RANGE



RACE



All numbers reflect status at time of release. Demographic information reflects confirmed cases only. Deaths are included in the number of confirmed cases. All numbers displayed are provisional and are subject to change.

Since yesterday's press release, we have had one newly-confirmed case of COVID-19. Therefore, our overall number is 111 confirmed COVID-19 cases in Macon County.

All community members, whether feeling ill or well, must implement social distancing best practices to limit the spread and contraction of COVID-19. This means staying home and away from as many people as possible as often as possible. Follow the precautionary measures – thorough and frequent hand washing; using a mask to cover your face in public and congregate settings; self-monitoring your own health condition – at every opportunity.

People with COVID-19 have reported a wide range of symptoms leading to the Centers for Disease Control and Prevention (CDC) to update the list of symptoms. Symptoms may appear two to fourteen days after exposure to the virus. People with the following symptoms or combinations of symptoms may have COVID-19: cough and shortness of breath or difficulty breathing. Additionally, those with **at least two** of the following symptoms may have COVID-19: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, and/or new loss of taste or smell. This list is not all inclusive. If you experience symptoms with which you are concerned, do not present at a hospital emergency room or doctor's office unless it is a true emergency. Call your primary care physician first. Individuals without a primary care physician can call:

- DMH Medical Group at (217) 876-2856.
- HSHS Medical Group Patient Advocate at 844-520-8897.
- Crossing Healthcare at (217) 877-9117.
- SIU at (217) 872-3800.

For COVID-19 screening, the following resources are available:

- Memorial Health System's respiratory screening clinic located at DMH Express Care East (4455 U.S. Route 36 East); open seven days a week, 8 a.m. - 6 p.m. Before coming to the respiratory clinic, individuals should call (217) 876-1200.
- Crossing Healthcare, 320 East Central Avenue in Decatur. Call (217) 877-9117 for an appointment.
- HSHS St. Mary's Hospital 24/7 COVID-19 Hotline at (217) 464-2966
- HSHS Medical Group offers free virtual assessments for COVID-19 at www.anytimecare.com.

Anyone entering healthcare facilities should be prepared to be screened before entering.

PSA: Helping Your Children Adjust to a New Normal

Adjusting to new routines and schedules can be very difficult for some people, especially children. Now is a great time to try to make the best of the situation we are in and create memories with your children while they are still learning. Having a routine can help with adjusting to the new normal. Allow flexibility in the schedule. It's okay to adjust based on your daily needs and child's needs. Structure for a day could include learning, free time, meals and snacks, as well as physical activity. Try to make learning fun by having hands on activities such as drawing, painting, puzzles and making simple crafts. A grammar lesson could be writing a letter to a friend or family member. A reading lesson could be a family member reading a book to your child over video call. This would be a special moment for both the child as well as family members. These lessons allow your child to stay connected and while limiting face-to-face interaction. Practice shapes and counting while looking around the house or looking at your child's favorite food. You can also pretend to travel to zoos and museums around the world by watching their live tours of their facilities. Go on a scavenger hunt around

your house or throughout your neighborhood while still practicing social distancing. Enjoy a movie or game night with those outside your home by using video call. Having your children engaging with friends and family members over video chat allows them to improve their social skills. Simply spending quality time with your children can also create fun memories. Learn how to play their favorite video game, have a dance party, cook together, or share stories of your childhood with them. We know it can be hard to look for positives in such a difficult time. Creating new routines can be tough. However, leaning on others for support and help is okay.

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For more information, please contact:

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