



FOR IMMEDIATE RELEASE

May 20, 2020

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 5/20/2020

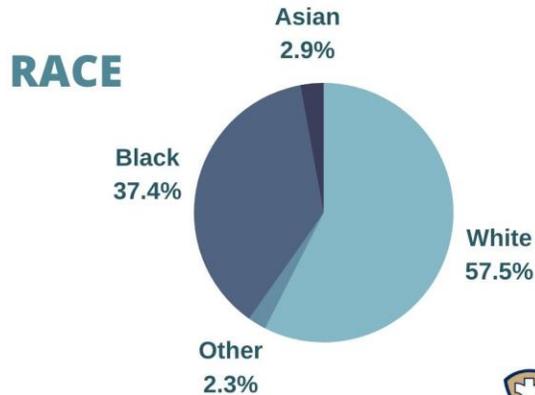
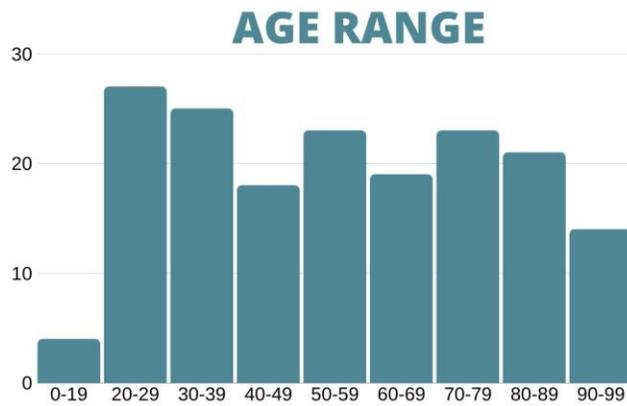
Confirmed Cases
174

Released from Isolation
64

Home Isolation
90

Hospitalized
3

Deaths
17



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 release, we have had two newly-confirmed cases of COVID-19. Therefore, our overall number is 174 confirmed COVID-19 cases in Macon County.

We encourage all community members to implement social distancing and face covering best practices to limit the spread of COVID-19. People with COVID-19 have reported a wide range of symptoms. If you experience symptoms of COVID-19 with which you are concerned, please call your primary care physician first. Do not show up at a hospital emergency room or doctor's office unless it is a true emergency.

Individuals without a primary care physician can call:

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

For COVID-19 screening, please call one of the following:

- Crossing Healthcare: (217) 877-9117
- HSHS St. Mary's Hospital 24/7 COVID-19 Hotline: (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: Managing Workplace Fatigue

The COVID-19 pandemic has touched all aspects of society including how we work. Those providing essential services to the community are working longer hours than usual, working more shifts or even over-night, and leaving less time to sleep and recharge.

Adults need about 7–9 hours of sleep per night, along with opportunities for rest while awake. Long work hours and shift work, combined with stressful or physically demanding work, can lead to poor sleep and extreme fatigue. Fatigue increases the risk for injury and deteriorating health (infections, illnesses, and mental health disorders).

While there is no one solution to fit everyone's needs, here are some general strategies that workers and employers can use to manage workplace fatigue and work safely.

It is important that workers recognize these are stressful and unusual circumstances and you may need more sleep or time to recover.

Some tips to help improve your sleep are:

- Have a comfortable, dark, cool and quiet room.
- If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to do things to help you relax like meditating or relaxation breathing.
- Before you begin working a long stretch of shifts, try "banking your sleep" – sleeping several extra hours longer than you normally do.
- Avoid sunlight or bright lights 90 minutes before you go to sleep, when possible. Exposure to light before bedtime can cause you to feel more awake. If you work night shift, wear sunglasses on your way home from work to help reduce exposure to sunlight and bright light. Consider using blackout shades in your home.

- Take naps when you have the opportunity. A 90-minute nap before working a night shift can help prevent you from feeling tired at work.
- Eat healthy foods and stay physically active because it can help improve your sleep.
- Before you go to sleep, avoid foods and drinks that can make falling asleep more difficult. Avoid alcohol, heavy meals and nicotine for at least 2-3 hours before bedtime and avoid drinks with caffeine within 5 hours of bedtime.

Know what to do if you feel too tired to work safely.

- Use a buddy system while you're at work. Check in with each other to ensure everyone is coping with work hours and demands.
- Watch yourself and your coworkers for signs of fatigue — like yawning, difficulty keeping your eyes open, and difficulty concentrating. When you see something, say something to your coworkers so you can prevent workplace injuries and errors.
- Find out if your employer has a formal program to help you manage fatigue on the job. Read information about the program and ask questions so you fully understand your employer's policies and procedures for helping employees manage fatigue.
- Report any fatigue-related events or close-calls to a manager to help prevent injuries and errors.
- Do not work if your fatigue threatens the safety of yourself or others. Report to a manager when you feel too tired to work safely.

Steps employers should take to reduce workplace fatigue for workers are:

- Recognize that these are stressful and unusual circumstances and risk for fatigue may be increased.
- Create a culture of safety with clear coordination and communication between management and workers.
- Spot the signs and symptoms of fatigue (e.g., yawning, difficulty keeping eyes open, inability to concentrate) in yourself and your employees and take steps to mitigate fatigue-related injury or error.
- Provide information for workers on the consequences of sleep deprivation and provide resources to assist workers with managing fatigue.
- Allow staff enough time to organize their off-duty obligations and get sufficient rest and recovery.
- If rotating shift work is needed, use forward rotations (day to evening to night) and provide staff with sufficient notice when scheduling, especially if there is a shift change.
- Avoid scheduling staff for more than 12 hours, if possible.
- Formalize and encourage regularly scheduled breaks in clean and safe areas where social distancing can be maintained. Recognize the need for additional time for increased hand hygiene and putting on and taking off required PPE.
- Consider arranging for nearby offsite housing for those working extended shifts and are at a higher risk for COVID-19, such as health care workers. Nearby housing will reduce travel times, allowing for more rest and recovery.

For more information about worker safety and support, please visit the CDC's website.

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For more information, please contact:

Krystle Tempel
Health Educator

Macon County Health Department
ktempel@maconchd.org