



FOR IMMEDIATE RELEASE

May 4, 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 5/4/2020

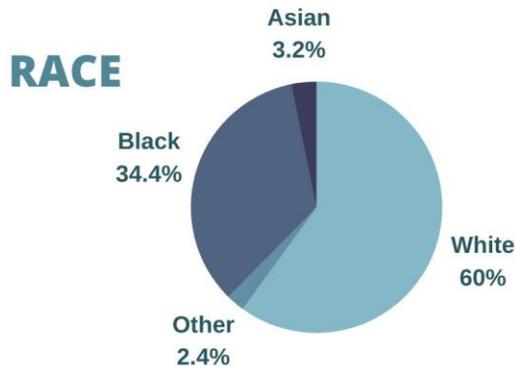
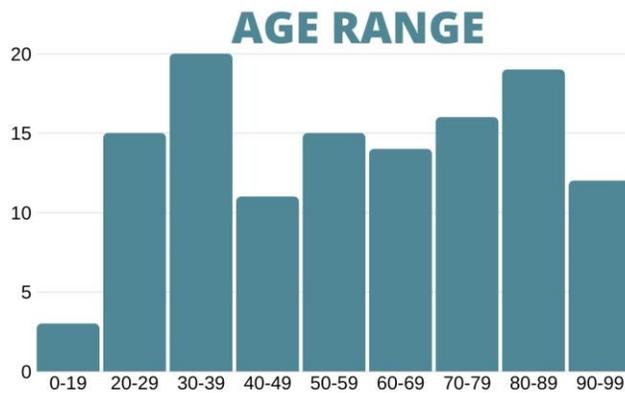
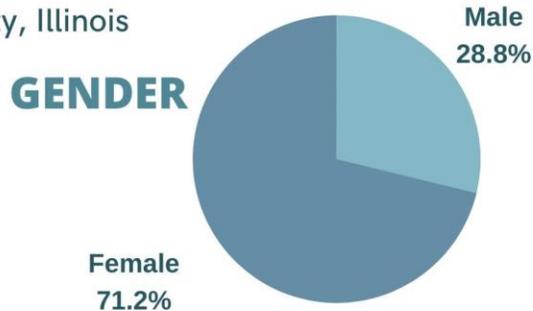
Confirmed Cases
125

Released from Isolation
22

Home Isolation
79

Hospitalized
11

Deaths
13



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 three newly-confirmed cases of COVID-19. Therefore, our overall number is 125 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: Self-Care

During challenging times, self-care becomes increasingly more important and it is important to allow our senses to help. Start with any one sense (for example, vision).

- **Vision:** Focus on any one object or view that you see around you. Try to simply look at it without describing or labeling it. Try to keep your mind silent. Your only goal is to just use your eyes. By focusing our attention on something so particular, we are able to calm our body to a slow, steady speed. You could even try this with your eyes closed. With your eyes closed, you may sense some light and be aware of it.
- **Sound:** You can gently shift your attention from your vision to your hearing. Listen to a particular sound you enjoy listening to. Use selective hearing and only focus on one sound while closing your eyes. Slow your breathing to a rested pace and listen. Soften

your ears and allow yourself to absorb all of the sounds around you. Take in all of the sounds that surround you, even the sound of silence!

- **Taste:** Move your attention to your sense of taste. Food, drink and flavors can be linked to powerful memories and emotions due to the chemical receptors in our mouth and can transport us through time. Focus on the taste...is it bitter, sweet, salty or spicy?
- **Smell:** Isolate your sense of smell. Bring your awareness to it. Our noses are packed full of receptors – each with an uncanny ability to precisely detect many different combinations of smells. Inhale deeply and become aware of any smells. You might smell something specific, or something more neutral, it doesn't matter- just be open to it.
- **Touch:** Let your attention shift to your sense of touch. Pay attention to whatever sense of contact or touch comes into your awareness and stay with those sensations. You can close your eyes, flex your fingers and notice the sensations. Feel what is beneath your fingers. Rub, touch, and feel. You might be aware of the different surfaces that you are in contact with, the shapes and textures, the roughness or smoothness, the hardness or softness.

Take time for self-care each day. No matter how hectic, uncertain, or scary life may be, it is important to take care of yourself.

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