



**FOR IMMEDIATE RELEASE**

**May 5, 2020**

**Death of an Individual with COVID-19 and  
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 5/5/2020

Confirmed Cases  
**127**

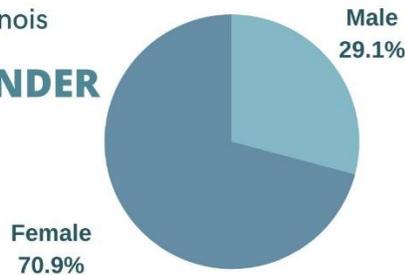
Released from Isolation  
**23**

Home Isolation  
**79**

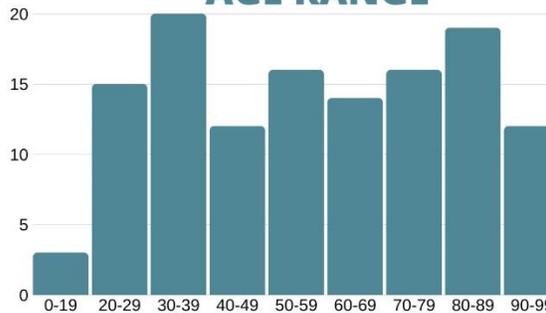
Hospitalized  
**11**

Deaths  
**14**

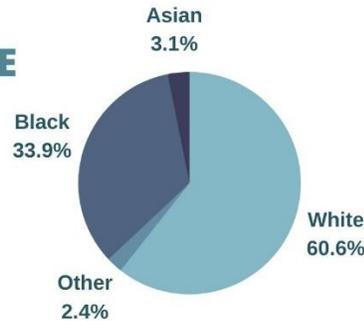
**GENDER**



**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.



Thus far, 1,025 tests have been performed in Macon County. Since yesterday's press release, we have had two newly-confirmed cases of COVID-19. Therefore, our overall number is 127 confirmed COVID-19 cases in Macon County.

The Crisis Communication Team also regrets to inform you that there has been a passing of a 14<sup>th</sup> Macon County resident with COVID-19. This person was a female in her 70s who was a resident at Fair Havens long-term care facility. We extend our sincerest condolences to the family and friends of this resident and ask that they are given respect and privacy as they grieve the loss of their loved one.

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](http://www.anytimecare.com).

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

### **PSA: Desk Exercises**

When you're stationary for long periods of time, you can develop Deep Vein Thrombosis (DVT). When this happens, blood clots in your legs and other deep veins may break free and create serious health complications. Fortunately, there are simple exercises that you can do to stay healthy while working from home at your desk.

#### **Neck Rolls**

While sitting in your seat, slowly drop your chin to your chest. Rotate your head five times in a

counterclockwise motion. Then repeat in the opposite direction. For an additional neck stretch, place your left hand on the top of your head and gently pull to the left. Repeat on the right side.

### **Shoulder Rolls**

Sit in a relaxed position with your arms at your side. Slowly roll your shoulders forward five times. Reverse the motion and repeat five additional times.

### **Shoulder Stretch**

While standing at your desk, interlace your fingers behind your back. Bend forward slightly and lift your arms up as high as you can. Repeat five times.

### **Forward Bends**

While sitting, suck your stomach in as far as it will go. Lean forward slowly and extend your arms all the way to the floor. Slowly roll back up to a sitting position. Repeat five times.

### **Calf Raises**

Place your legs at a 90-degree angle while sitting in your seat. Raise your heels off the floor until you are on the tips of your toes. For added resistance, do this same exercise while standing and holding on to your desk. Repeat 10 times.

### **Toe Raises**

This is the opposite of calf raises. Keep your heels on the floor and raise your toes as high as possible. For added range of motion, remove your shoes.

### **Ankle Rolls**

While sitting, lift your feet off the ground. Rotate your feet at the ankles in a counterclockwise motion. Repeat 10 times, then reverse the direction.

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**For more information, please contact:**

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