



FOR IMMEDIATE RELEASE

June 11, 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 6/11/2020

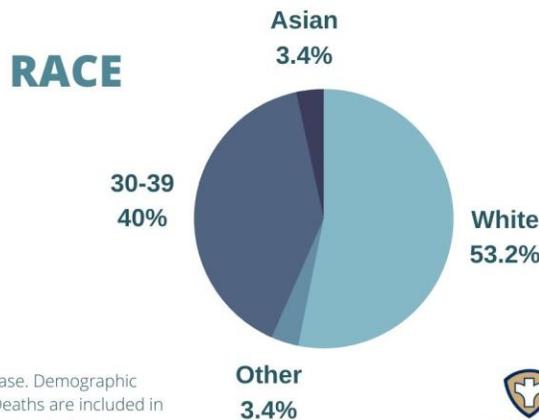
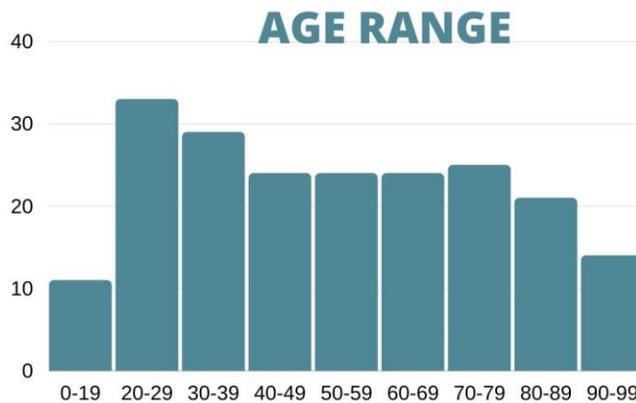
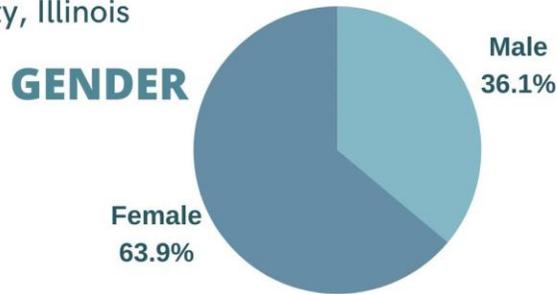
Confirmed Cases
205

Released from Isolation
138

Home Isolation
45

Hospitalized
0

Deaths
22



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 one newly-confirmed case of COVID-19. Therefore, our overall number is 205 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: Preventing High Blood Pressure

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and can lower your risk for heart disease and stroke.

To help keep your blood pressure in a healthy range, practice the following habits:

Eat a Healthy Diet

Choose healthy meals and snacks options, eat plenty of fresh fruits and vegetables, and talk with your health care team about eating a variety of foods rich in potassium, fiber, protein and foods lower in salt and saturated fat.

Keep Yourself at a Healthy Weight

Being overweight or obese increases your risk of high blood pressure. To determine whether your weight is in a healthy range, doctors often calculate your body mass index. Talk with your health care team about ways to reach a healthy weight.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your blood pressure. It is recommended that adults get 2 hours and 30 minutes of moderate intensity, such as brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

Do Not Smoke

Smoking raises your blood pressure and puts you at a higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Talk with your doctor about ways to quit or visit the Illinois Tobacco Quitline at Quityes.org.

Limit How Much Alcohol You Drink

Men should have no more than 2 alcoholic drinks per day and women should have no more than 1 alcoholic drink per day. Drinking too much alcohol can raise your blood pressure.

Get Enough Sleep

Getting enough sleep is important to your overall health. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke.

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For more information, please contact:

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