



FOR IMMEDIATE RELEASE

July 23, 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 7/23/2020

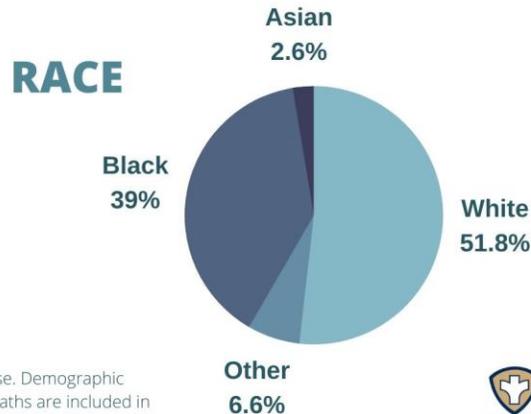
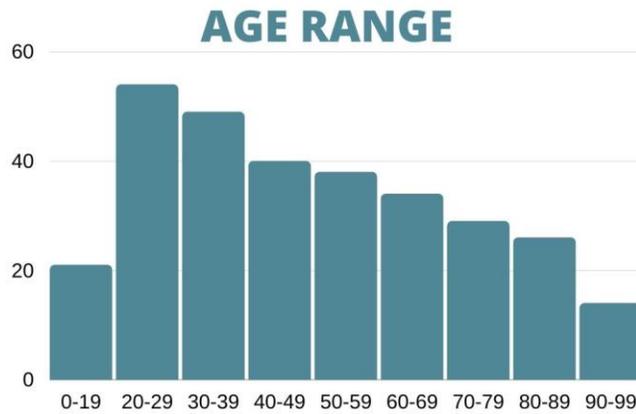
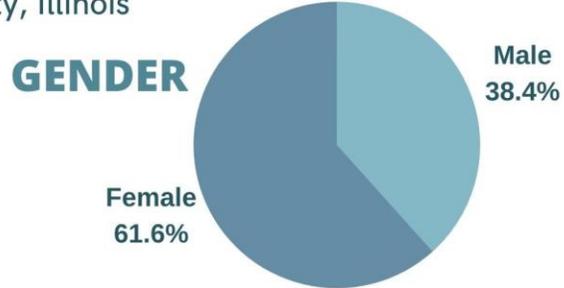
Confirmed Cases
305

Released from Isolation
220

Home Isolation
55

Hospitalized
7

Deaths
23



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 the previous release, we have had eleven newly-confirmed cases of COVID-19. Therefore, our overall number is 305 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: Tips for Making Fruits and Vegetables Part of Your Everyday Life

- Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.
Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.
- Canned or frozen fruits and vegetables are also good options.
Frozen or canned fruits and vegetables can be just as nutritious as the fresh varieties. However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.
- Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit. It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.
- Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.
A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.

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For more information, please contact:

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