



FOR IMMEDIATE RELEASE

May 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 5/11/2020

Confirmed Cases

146

Released from Isolation

31

Home Isolation

97

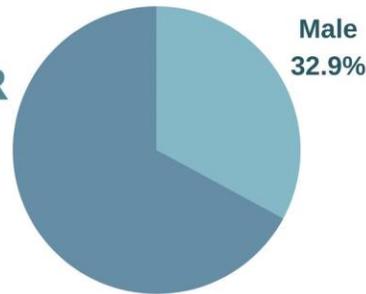
Hospitalized

2

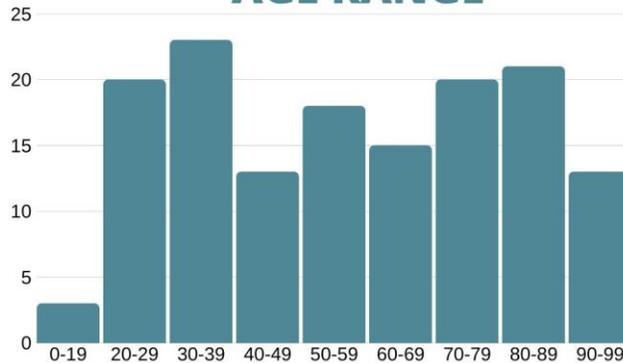
Deaths

16

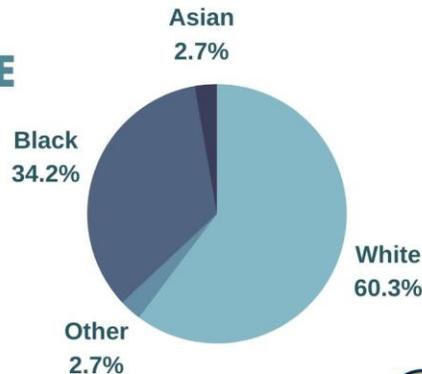
GENDER



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.



It is with great sadness that the Joint Crisis Communication Team must inform you of the passing of a sixteenth Macon County resident. This person was a male in his 70s and was a resident at Fair Havens Senior Living long-term care facility. We extend our heartfelt condolences to the friends and family of this resident, and we ask that they are given respect and privacy as they mourn the loss of their loved one.

In addition to the sixteenth death, we have had one newly-confirmed case of COVID-19. Therefore, our overall number is 146 confirmed COVID-19 cases in Macon County. Thus far, 1,484 tests have been completed 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: Stress During an Outbreak

COVID-19 may be causing a lot of stress, fear and anxiety in some people. This can be overwhelming and cause strong emotions in adults and children. We have to remember that everyone reacts differently in stressful situations. How someone responds can depend on their background, the trauma they have experienced, and the community they live in.

Stress during an infection disease outbreak could include:

- Fear and worrying about your health or health of loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco and other drugs.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with stress can also make our community stronger. Some things you can do to help cope with stress includes:

- Take breaks from social media.
- Limit watching or reading about the pandemic.
- Take care of your body by taking deep breaths, exercising, stretching, or mediating.
- Try to eat healthy, well-balanced meals.
- Get plenty of sleep.
- Avoid alcohol, tobacco, and other drugs.
- Take time to unwind by doing something you enjoy.
- Communicate with those you feel comfortable with.
- Take care of your mental health by calling your health care provider when needed and those with preexisting conditions should continue their treatment.

For our parents and caregivers:

Children and teens react based partially on what they see from the adults around them. When you feel confident, calm and knowledgeable about the situation going on around us, you can provide better support to your children.

Just like adults, children and teens respond to stress in many different ways. Some common changes that may occur that you can watch for are:

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown like toileting accidents or bedwetting.
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability or acting out behaviors in teens.
- Poor school performance.
- Poor concentration.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco or other drugs.

Some ways you can support your children and teens are to talk to them about the COVID-19 outbreak, answer their questions and share facts so they can better understand what is going on around them, reassure your child or teen they are safe and let them know it is okay to be upset. Share with them how you deal with stress so they can learn from you how to cope. Limit your family's exposure to news and coverage of the pandemic, try to keep up with regular routines, and lastly be a role model. By taking breaks, eating well, getting plenty of sleep and exercise shows them good habits they can also have.

Coping with stress will make you, the people you care about, and your community stronger. For more information on coping with stress during an outbreak, please visit the CDC's website.

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