



FOR IMMEDIATE RELEASE

May 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 5/23/2020

Confirmed Cases

185

Released from Isolation

68

Home Isolation

95

Hospitalized

4

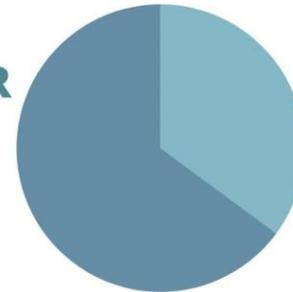
Deaths

18

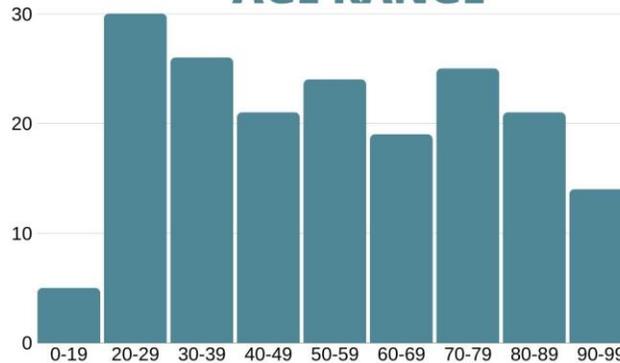
GENDER

Female
64.9%

Male
35.1%



AGE RANGE

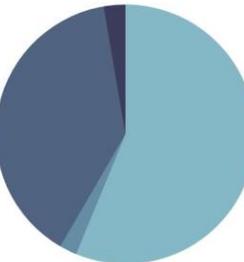


RACE

Black
38.9%

Asian
2.7%

White
56.2%



Other
2.2%

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.



The Joint Crisis Communication Team is saddened to announce the death of an 18th Macon County resident with COVID-19. This person was a male in his 90s. 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.

Since yesterday's release, we have had three newly-confirmed cases of COVID-19. Therefore, our overall number is 185 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: Picnic Tips

The CDC has shared many helpful tips to make sure you stay healthy while you enjoy picnics.

Keep Foods Cool

Eating food left in the danger zone (40°F to 140°F) for too long can make people sick.

- Keep raw meat, poultry, and seafood chilled until ready to grill, in the fridge or in an insulated cooler, below 40°F.
- Put leftovers in the freezer or fridge within two hours of cooking –or ONE hour if above 90°F outside.
- Throw away any remaining perishable food that isn't refrigerated.

Cook Meat Thoroughly

It's important to cook food to a safe internal temperature to destroy harmful bacteria. Never partially grill meat and finish cooking it later.

- Use a food thermometer to make sure meat is cooked hot enough to kill germs. You can't tell just by looking at it! (145°F for beef, pork, fish; 160°F for hamburgers and ground meat; 165°F for chicken or turkey).
- If you're smoking meat, keep the temperature inside the smoker at 225°F to 300°F.
- Keep cooked meats hot and out of the danger zone before serving.

Clean Hands and Produce

- Wash fresh vegetables and lettuce. If you're not sure whether water will be available to wash on site, rinse produce before packing for the picnic.
- Wash your hands before handling any food AND after touching raw meat, poultry, or seafood. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean work surfaces, utensils, and the grill before and after cooking.
- Examine the grill surface carefully for bristles that might have dropped off the grill brush. They could get into your cooked food and hurt you if swallowed.

Separate Raw from Cooked

You never want bacteria from raw meat or seafood to contaminate other foods, surfaces, or utensils.

- Throw away or thoroughly cook marinades and sauces that have touched raw meat or seafood.
- Put cooked meat on a clean plate.
- Keep raw meats, poultry, and seafood away from cooked and ready-to-eat food and drinks.
- Don't use the same utensils on raw foods and cooked and ready-to-eat foods.

While enjoying picnics outdoors, remember to keep at least 6ft distance from others and give other families enough space to enjoy their time outdoors.

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For more information, please contact:

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