



FOR IMMEDIATE RELEASE

June 10, 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 6/10/2020

Confirmed Cases
204

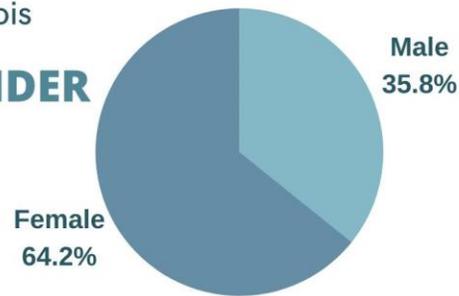
Released from Isolation
137

Home Isolation
45

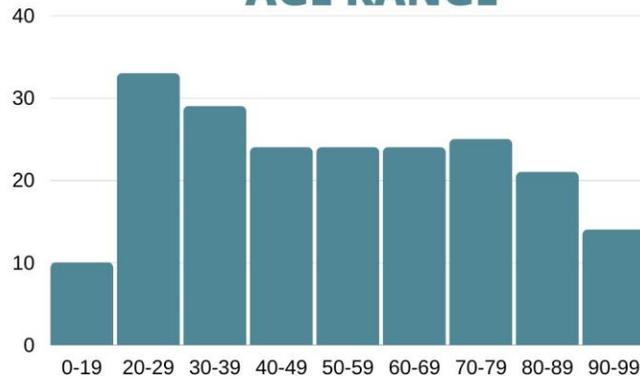
Hospitalized
0

Deaths
22

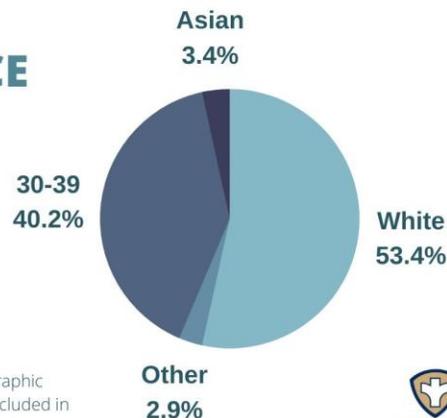
GENDER



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.



Since yesterday's release, we have had one newly-confirmed case of COVID-19. Therefore, our overall number is 204 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: Heat- Related Illnesses

Heat-related illnesses are preventable. Learn the symptoms and what do if you or a loved one shows signs of having a heat-related illness.

HEAT STROKE

What to look for:

- High body temperature
- Hot, red, dry, or damp skin.
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to do:

- Call 9-1-1 right away- heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

What to look for:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

What to do:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if you are throwing up, your symptoms get worse or if you symptoms last longer than one hour.

HEAT CRAMPS

What to look for:

- Heavy sweating during intense exercise
- Muscle pain or spasms

What to do:

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if your cramps last longer than one hour, you're on a low-sodium diet, or you have heart problems.

SUNBURN

What to look for:

- Painful, red, and warm skin
- Blisters on the skin

What to do:

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

What to look for:

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

What to do:

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

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For more information, please contact:

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