













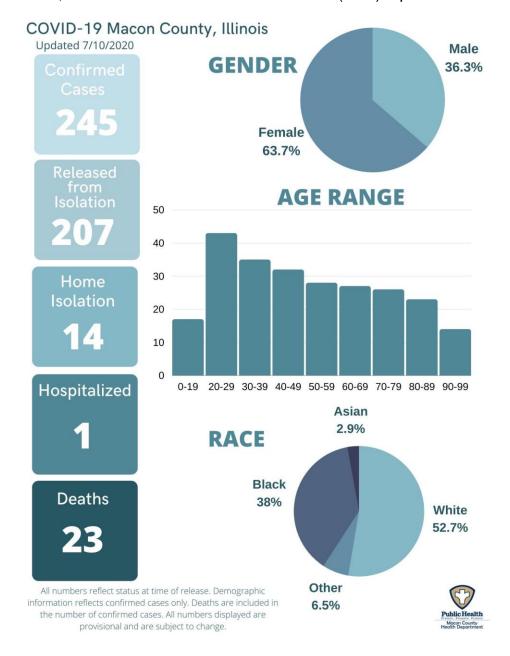


#### FOR IMMEDIATE RELEASE

July 10, 2020

# **Crisis Communication Team Press Update**

As of today's release, the Joint Crisis Communication Team (CCT) reports the following numbers:



Thus far, 10,049 tests have been completed in Macon County. Since the previous release, we have had three newly-confirmed cases of COVID-19. Therefore, our overall number is 245 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. <u>People with COVID-19 have reported a wide range of symptoms</u>. 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: Visiting Beaches and Pools**

The places we visit to swim, play, and relax in water include beaches — swim areas in oceans, lakes, and other natural bodies of water — and pools, water playgrounds, and hot tubs. There is no evidence that SARS-CoV-2, the virus that causes COVID-19, can spread to people through water in these places.

The virus is thought to spread mostly person-to-person, by respiratory droplets released when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. The virus might also spread to hands from a contaminated surface and then to the nose, mouth, or possibly eyes. Infected people can spread the virus whether or not they have symptoms.

Fortunately, there are several actions you can take to reduce your risk of getting or spreading the virus when you go to public swim areas, such as beaches, pools, water playgrounds, and hot tubs.

#### Before you go

- Stay home if you have symptoms of COVID-19, have been diagnosed with COVID-19, are waiting for COVID-19 test results, or were recently exposed to someone with COVID-19.
- Check to see if the public swim area has steps in place to prevent the spread of the virus.

 Bring supplies that help you and others stay healthy- face covering, hand sanitizer, disinfectant wipes, tissues, and paper towel.

### Use social distancing in and out of the water

- Stay at least 6 feet away from people you don't live with.
- Avoid crowded swim areas, beaches, pools, water playgrounds, and hot tubs where you cannot stay 6 feet away from others.

#### Wear a face covering

- Wear a face covering when you are not in the water.
- Do not place a face covering on children younger than 2 years of age or anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the cover without help.

## Wash hands often and avoid sharing items

- Wash your hands with soap and water for at least 20 seconds, especially before eating
  or drinking and when you arrive and leave the swim area. If soap and water are not
  available, use hand sanitizer with at least 60% alcohol.
- Avoid sharing items, such as food, equipment, toys, and supplies, with people who don't live with you.
- Make sure to cover coughs and sneezes with a tissue or inside your elbow, throw the
  tissue in the trash, and wash your hands immediately, or if soap and water are not
  available, use hand sanitizer.

For more information on visiting beaches and pools, visit the CDC's website.

###

For more information, please contact:

Emily O'Connell
Health Educator
Macon County Health Department
eoconnell@maconchd.org