

## News Release

FOR IMMEDIATE RELEASE  
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Social distancing remains of utmost importance at this time in our communities. Avoid any gatherings of more than 10 people and you must maintain the 6 feet distance. There are no travel restrictions or shelter-in-place being implemented at this time following Governor Reynolds press conference.

We would strongly encourage that all hi-risk groups including elderly 61 years of age and older limit persons coming into your homes. This includes visits from your children and grandchildren. Talk to them by phone, FACETIME, Skype, or other methods. Don't be put at risk.

Please ask family members, neighbors, and friends to help to pick up supplies.

Always remember to do the following as well to stay healthy:

- Washing hands frequently with soap and water for at least 20 seconds each time.
- Covering coughs and sneezes with a tissue or elbow/upper arm.
- Staying home when ill.

Approximately 80% of Iowans infected with COVID-19, will experience only a mild to moderate illness. Most mildly ill Iowans do not need to go to their healthcare provider or be tested to confirm they have COVID-19. Sick Iowans must stay home and isolate themselves from others in their house. Stay home and isolate from others in the house until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)  
AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
- at least 7 days have passed since your symptoms first appeared.

