



Quad Cities COVID-19 Coalition
FOR IMMEDIATE RELEASE
April 1, 2020

Current COVID-19 case count

Scott County – 3 new cases reported for a total of 21

Rock Island County – 3 new cases reported for a total of 19

Safety outside matters, too

As the stress of COVID-19 has us looking for outlets to manage our stress, physical activity and time outside is a good option, but residents must continue to maintain a physical distance of at least 6 feet while both inside and outside.

Please listen to these messages to do what is needed to keep our community safe:

- Stay 6 feet apart from one another when spending time outside
- Do NOT play on area playgrounds
- Do NOT gather in picnic and shelter areas
- Do NOT gather for pick-up games of basketball, baseball or other sports that involve contact of groups of people
- DO find ways to be outside that allows you to stay apart from one another while still enjoying the benefits of the outdoors

“We know what we are asking is not easy,” said Edward Rivers, director of the Scott County Health Department. “We know it probably feels like we’re taking away so many of the things that define spring in our community, but these steps that we take will mean the difference between life and death for some in our community.”

Taking care of those who are sick

By now, you might know someone who is exhibiting symptoms of COVID-19 – fever, shortness of breath and cough. What if you are a caregiver or family member of someone who is sick?

First, you should monitor their symptoms, and even if their symptoms are mild, someone who is sick should stay home, said Nita Ludwig, administrator of the Rock Island County Health Department.

Older adults and those with serious underlying conditions should seek care as soon as symptoms start to worsen. We ask you to call ahead to the person’s physician or to the emergency room or emergency dispatch center if their situation is life-threatening. The warning

signs of an urgent situation are trouble breathing, persistent pain/pressure in the chest, new confusion, or bluish lips or face.

“Many of the tips we are offering are the same we all know, including drinking plenty of fluids and taking over-the-counter medicines as indicated to help with symptoms,” Ludwig said.

(Breakout box or screen highlighting suggested for these tips)

Preventing the spread of the germs throughout the household is important. We offer these tips:

- Have sick people stay in their own room and use a separate bathroom, if possible.
- If facemasks are available, have them wear a facemask when you are around them.
- Avoid sharing household items (dishes, glasses, towels, bedding, etc).
- Wash your hands after interacting with them.
- Clean frequently touched surfaces at least once a day, including counter tops, doorknobs, bathroom fixtures, toilets and phones.
- Wear disposable gloves to clean and disinfect

When isolation can end

People with a confirmed or suspected case of COVID-19 who have self-isolated can stop home isolation under the following conditions:

- They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
- Cough and shortness of breath have improved
AND
- at least 7 days have passed since their symptoms first appeared

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