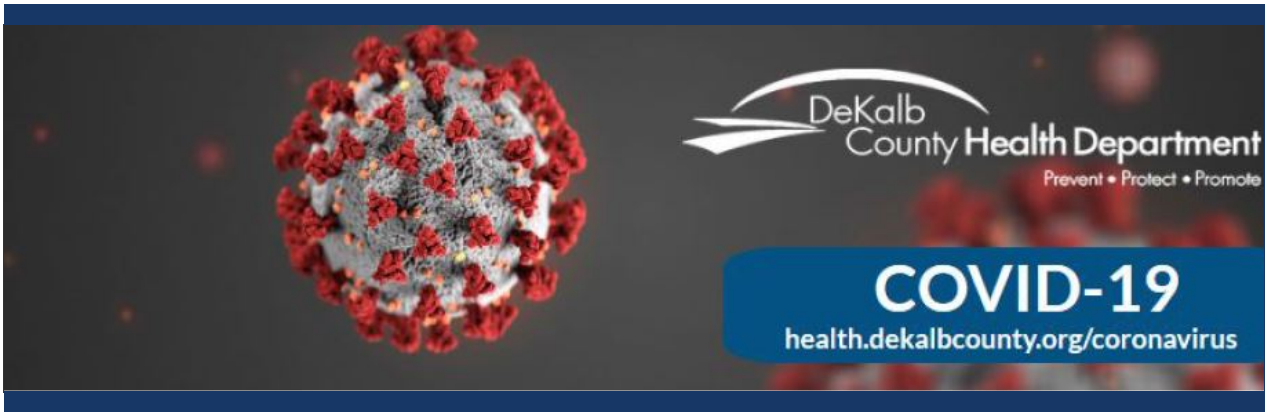


Coronavirus (COVID-19)
COVID-19 Newsletter
September 4, 2020

Stay Safe Over Labor Day Weekend
COVID-19 is Still Spreading in DeKalb County

As we head into the Labor Day Weekend, the number of reported COVID-19 cases in DeKalb County is over 1,200 cases. The virus is still here and continues to be a serious threat. The best way to prevent illness and infection is to avoid exposure to the virus. To slow the spread of COVID-19, you should stay home when possible, hold activities outdoors and in small groups, and practice the 3Ws.

We cannot slow the virus without help from our community. Success in slowing the spread of COVID-19 relies heavily on our community:

1. **Wear a face covering.** Wear a mask that covers your nose and mouth when you are in public and around people who don't live in your household.
2. **Wash hands frequently.** Use hand sanitizer.
3. **Watch your distance.** Maintain at least 6 feet from others.

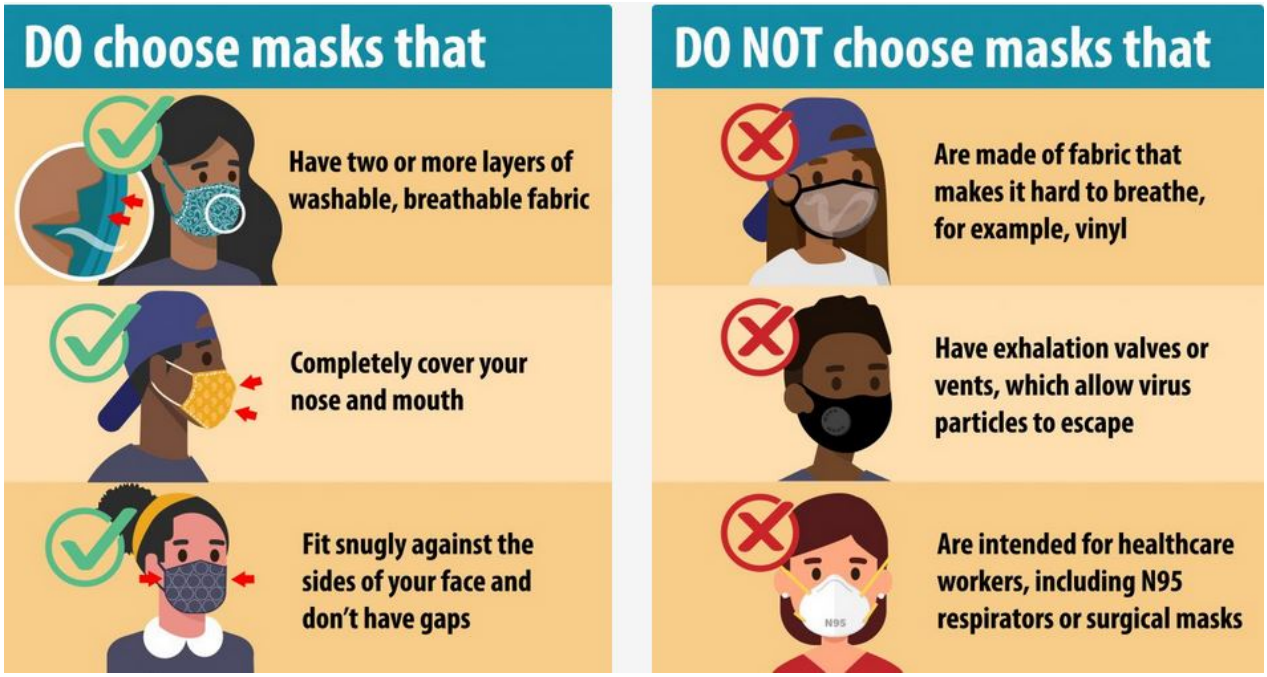
It’s more important than ever to stay home if you are sick, especially if you have COVID-19 symptoms.

WEAR A FACE COVERING.

Wear a face mask or covering when you are in public and around people who don't live in your household. Face coverings need to cover your mouth AND nose.

Wash your hands with soap and water for at least 20 seconds.

Watch your distance to maintain at least 6 feet from others.



How to Protect Yourself and Others

Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - » Between people who are in close contact with one another (within about 6 feet).
  - » Through respiratory droplets produced 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.
  - » COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
  - » Remember that some people without symptoms may be able to spread virus.
  - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

cdc.gov/coronavirus

CS 316291A 09/02/2020

Are You Choosing to Travel This Weekend?

Click here for the current CDC guidance on traveling

Small Group Gathering Tips

Remind guests to stay home if they are sick

- Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms. Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health.
- Consider keeping a list of guests who attended for potential future contact tracing.

Encourage social distancing

- Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart – just 6 feet away from other families.

Require masks

- Wear masks when less than 6 feet apart from people or indoors.

Clean hands often

- Consider providing hand sanitizer.
- Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Make sure there is adequate soap or hand sanitizer containing at least 60% alcohol available in the restrooms and encourage guests not to form a line at the door. Consider also providing cleaning supplies that allow guests to wipe down surfaces before they leave.
- Remind guests to wash their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so guests do not share a towel.

Limit the number of people handling or serving food

- Encourage guests to bring their own food and drinks.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails.
- Clean and disinfect commonly touched surfaces and any shared items between use when feasible.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

What if I am a contact to a person with COVID-19?

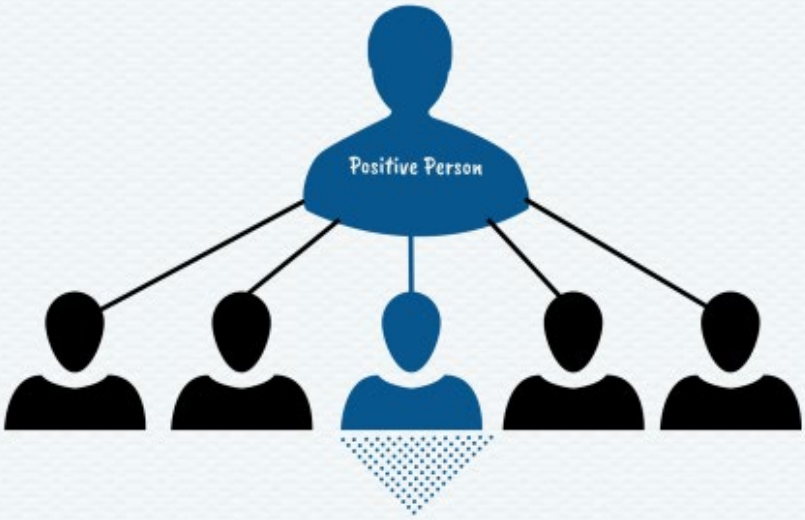
If you have had close contact with someone confirmed to have COVID-19, you will be required to self-quarantine for 14 days. A quarantine of 14 days is needed

because you may develop COVID-19 anytime during the virus's incubation period, which is 14 days.

YOU CAN'T TEST OUT OF QUARANTINE.

COVID-19 Contact Tracing

WHO IS CONSIDERED A CONTACT?



Contact tracing focuses on close contacts who were:

6 ft.

Within 6 feet of the patient.

&

For more than 15 minutes.

DeKalb County Health Department

Prevent • Protect • Promote

DeKalb County Local Data Weekly Report

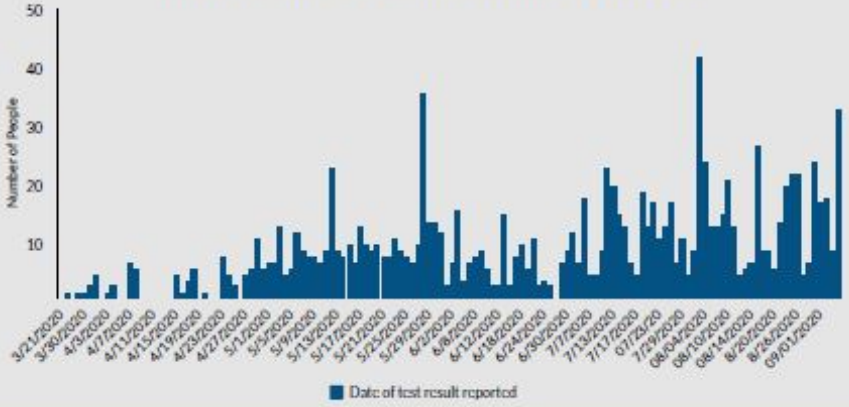
*Data is provisional and subject to change

covid19@dekalbcounty.org
health.dekalbcounty.org
(815) 758-6673

Positive Cases
1237

Deaths
36

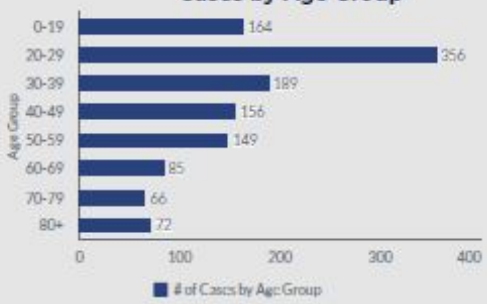
COVID-19 Cases by Date of Test Result Reported: DeKalb County



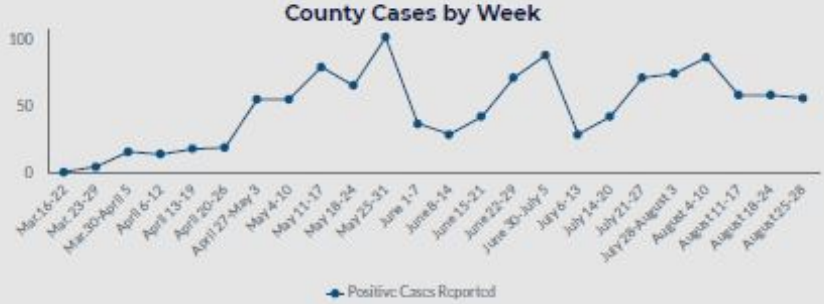
Weekly Summary

Negative Tests Reported: 24,510	Recovered: 923
In Recovery Period: 278	Total Tests Reported: 25,747

Cases by Age Group



County Cases by Week



Weekly Test Positivity (%)

(%) positive tests reported Sun-Sat
(Target: less than or equal to 8%)

4.9%

Based on IDPH Metrics Website to keep consistency

Long-Term Care Facility Activity

Willow Crest Nursing Pavilion		
Positives: 21	Staff	Deaths: -
Positives: 36	Residents	Deaths: 12

DeKalb County Rehabilitation & Nursing Center		
Positives: 3	Staff	Deaths: -
Positives: 1	Residents	Deaths: -

DeKalb County Health Department
Prevent • Protect • Promote

To view the IDPH County Metrics, click on this link

Testing in DeKalb County: Link to Testing Sites

Get Counted DeKalb County!

The 2020 Census is more than just a population count. It is an opportunity to help shape your community's future.

There is still time left to respond to the 2020 Census.

It only takes a few minutes to complete the Census and you can do so online. Learn more about the Census and respond today!

COVID-19 Resources

- Communities, Schools, and Businesses
  - Illinois State Board of Education Guidance
  - K-12 Schools and Child Care Programs
- People at Higher Risk for Severe Illness
- State and Local Public Health Professionals
- Healthcare Professionals
- First Responders
- Homeless Shelters
- Laboratories
- Households
- Workplaces
- Resources in American Sign Language

Resources are also available in Spanish, Simplified Chinese, Vietnamese, and Korean.

Restore Illinois

Phase 4: Revitalization Guidelines

If you have other specific questions or comments about Phase 4, please email or call DCEO. For direct support, contact the Business Hotline Monday through Friday at 1-800-252-2923, or email at: ceo.support@illinois.gov

Illinois COVID-19 Hotline

Do you have questions? The Illinois Department of Public Health (IDPH) established a COVID-19 hotline and email address to answer questions from the public:

- Hotline: 1(800) 889-3931
- Email: DPH.SICK@ILLINOIS.GOV

We want to make sure you have the information you need to stay healthy and safe. You can email your questions to COVID19@dekalbcounty.org

Please note, this email is not used to provide medical advice. If you have personal medical questions, please contact your healthcare provider.

DeKalb County Health Department
Website