



Johnson County Public Health Johnson County Emergency Management



Contact: Dave Koch, Johnson County Public Health Director; Dave Wilson, Johnson County Emergency Management Director

Contact number: 319-356-6040; 319-356-6761

Contact email: dkoch@co.johnson.ia.us; Dave.Wilson@jecc-ema.org

April 2, 2020

For immediate release

Johnson County, Iowa, COVID-19 update for April 2, 2020

Johnson County Public Health (JCPH) continues to work with the Iowa Department of Public Health (IDPH) and a number of other local agencies to contain the spread of COVID-19 in our community. As of today, Thursday, April 2, 2020, there are 80 confirmed positive cases in Johnson County. Forty-two have recovered from COVID-19, are no longer considered infectious, and are now under the same recommendations as the general public.

Currently, there is a total of 614 confirmed positive cases in Iowa. There have been a total of 8,054 negative tests to date, which includes testing reported by the State Hygienic Lab and other labs. A status report of monitoring and testing of COVID-19 in Iowa is provided by IDPH and can be found [here](#). In addition, a public hotline has been established for Iowans with questions about COVID-19. The line is available 24/7 by calling 2-1-1 or 1-800-244-7431.

Governor extends Disaster Emergency Proclamation through April 30

Governor Kim Reynolds announced today, Thursday, April 2, that she is extending the state's Disaster Emergency Proclamation, which includes the closure of schools and some businesses, as well as restrictions on non-essential medical and dental procedures through Thursday, April 30.

Take care of mental health and well-being

As Gerd Clabaugh, Director of IDPH, said at Gov. Reynolds' press conference on Wednesday, April 1, we need to make sure we are taking good care of ourselves during this challenging time:

- Read and listen to trusted sources, including JCPH, IDPH and the Centers for Disease Control and Prevention (CDC).
- Unplug. Sometimes information, while useful, can be overwhelming. Know when to take a break from the constant stream of information.
- Stay healthy.
- Prioritize sleep. Make a commitment to get eight hours of sleep a night.
- Get some exercise, whether inside or outside, and make sure to practice social distancing.
- Control what you can – wash your hands, practice social distancing, stay at home as much as possible. While the fear of the unknown can be unsettling, taking control can help you feel empowered and counteract the stress you may be feeling.

Groups who need support

Older Iowans and those who suffer from chronic illnesses are at the greatest risk. If you have a loved one in those groups, be sure to check in on them. If you're an older Iowan, be sure to ask for help if you need it.

People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening conditions. For those of us with loved ones, be sensitive.

Children and teens also need help coping during this time. As parents, maintain a predictable schedule of activities for them.

People who are helping with the response – physicians, health care providers, first responders. Learn the symptoms of traumatic stress, including physical fatigue and mental withdraw. Allow time for you and your family to recover. Take a break from media coverage.

Safer at home

Remember, the best way to protect yourself and prevent getting sick is to avoid being exposed in the first place. Staying home is the safest thing for everyone. However, staying home does not mean having people in your house who don't live there. Neighbors, friends and extended family should not be visiting your home under any circumstances. Interactions with people not living in your home should be done by phone, email, social media or a video application.

Social distancing is for everyone

Social distancing is for everyone, including children. When visiting parks or other outdoor spaces, it is important that all members of your household physically distance themselves six feet from other people. Children should not be playing in groups with other children. You should not invite other children into your home or yard. If you are allowing this, you are not protected and you are not protecting your friends, family and neighbors. You or your children could pass COVID-19 to someone who is at greater risk of getting seriously ill—someone who is elderly or has underlying health conditions.

Thank you to all Johnson County residents who are making big and small sacrifices in their daily lives to stop the spread of COVID-19.

Information about COVID-19 in Johnson County is available at www.johnson-county.com/coronavirus.

-END-