

Siouxland District Health Department  
1014 Nebraska St, Sioux City, IA 51105

For Immediate Release:  
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## Press Release

### COVID-19 Confirmed in Woodbury County Resident

A case of novel coronavirus (COVID-19) has been confirmed in a resident of Woodbury County. According to the Iowa Department of Public Health, the individual is a middle-aged female (41-60 years) and is self-isolating at home.

Siouxland District Health Department has been proactively preparing for the likelihood of a positive test in Woodbury County. While this is the first confirmed case, this is likely not the last case that we will see, especially as testing for the virus is increasing. "We encourage all residents to continue to make prevention a priority," said Siouxland District Health Department Director Kevin Grieme. These actions include:

- Practicing social distancing and staying home as much as possible
- 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
- Routinely cleaning frequently touched surfaces such as doorknobs, light switches, and countertops with an effective cleaner.

Approximately 80 percent of Iowans infected with COVID-19 will experience only mild to moderate illness. Most mildly ill Iowans may not need to go to their healthcare provider or be tested to confirm that they have COVID-19. Sick Iowans must stay home and isolate themselves from others in their 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 such as cough and shortness of breath have improved **AND**
- At least 7 days have passed since your symptoms first appeared.

If you think that you may need to visit a healthcare provider, call first. Your provider can assess whether you need to be seen in the office or if you can recover at home. There may also be options for you to talk to a medical provider from home using technology.

For up-to-date information about novel coronavirus, visit <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>. 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.

No additional information about this case is available at this time. A press conference will be held tomorrow regarding this development.

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#### About Siouxland District Health Department

Siouxland District Health Department, the public health agency for Woodbury County, is creating "A healthy community for all" by "leading a collaborative effort to build a healthier community through improved access to health services, education and disease prevention." They provide public health nursing, nutrition, laboratory, health planning and environmental services. For more information on Siouxland District Health Department visit [www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org).