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For Immediate Release:
March 23, 2020

Press Release

Second Woodbury County COVID-19 Case Confirmed

A case of novel coronavirus (COVID-19) has been confirmed in a second resident of Woodbury County. The individual is an older adult male (61-80 years) and is recovering at home. Siouxland District Health Department staff are working to identify those who may have come in close contact with this individual prior to testing, and will directly notify any person who may be at risk to provide information and guidance. These contacts are being asked to self-isolate for 14 days and monitor themselves for symptoms.

Siouxland District Health Department is reminding residents of the importance of practicing social distancing, which includes staying home as much as possible, avoiding crowds and mass gatherings, and maintaining a distance of approximately 6 feet from others. Limiting exposure will slow the spread of the virus and prevent a spike in cases that could potentially exceed the capacity of our healthcare system to treat patients that need care.

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.

While there is currently no vaccine to prevent the virus, there are many steps that residents can take to help stop the spread of COVID-19 and other respiratory viruses:

- Practice social distancing and avoid handshakes
- Wash hands frequently with soap and water for at least 20 seconds each time, or use an alcohol-based sanitizer when soap and water are not available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people that are sick
- Covering coughs and sneezes with a tissue or elbow/upper arm
- Staying home when you or a family member are ill
- Call first if you need to see a healthcare provider
- Routinely cleaning frequently touched surfaces such as doorknobs, light switches, and countertops with an effective cleaner.

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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.

Follow SDHD on Facebook and Twitter for updated information. For further information about novel coronavirus and statewide case counts, 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.

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