



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

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For immediate release

Johnson County, Iowa, COVID-19 update for April 3, 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, Friday, April 3, 2020, there are 83 confirmed positive cases in Johnson County. Forty-six 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 699 confirmed positive cases in Iowa. There have been a total of 8,764 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.

It is important for everyone to take care of themselves during this difficult time.

- Eat a well-balanced diet, full of nutritious foods like fruits, vegetables, lean meats, seafood and whole grains to help protect you from getting sick.
- Stay hydrated. Drink 64 ounces of water per day—the equivalent of eight eight-ounce cups.
- Get exercise – walk, bike or run outdoors with those who live in your home, but make sure to stay six feet apart on sidewalks and trails.
- Exercise can improve your sleep and reduce anxiety which we all need right now more than ever.

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. Do not invite others – adults or children – into your home or yard.

Social and physical distancing can feel isolating and stressful especially at a time when we are ready to get outside to enjoy the nicer weather and with April holidays approaching. Postponing or cancelling a religious celebration, wedding or other gathering is unfortunate, but it is important to think about older adults, those with underlying health conditions and those health care workers who are caring for the sick. In order to protect them and ourselves from COVID-19, we must avoid gathering with anyone who does not live with us, no matter the number of people.

Thank you to all Johnson County residents who are doing your best to protect our most vulnerable friends, family and neighbors from this virus.

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

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