



# COVID-19 Update

## COVID-19 Update March 15, 2020

Starting today, the Sangamon County Department of Public Health (SCDPH) along with Memorial Health System, HSHS St. John's Hospital, Springfield Clinic and SIU Medicine will share a joint communication updating you on the status of coronavirus (COVID-19) in Sangamon County. This communication will come at approximately 5 p.m. each day as necessary. At the time of this press release, we can report that there is a total of three cases confirmed in the area: one Sangamon County resident, one Florida resident and one from another county.

Two patients, including the latest patient, are inpatients at Memorial Medical Center. One is isolated at home. There are additional outstanding tests, and we will provide an update on those as a part of this daily press release.

## What to Do if You Are Experiencing Symptoms

If you are experiencing possible COVID-19 symptoms, please do not go to the emergency room.

First, call your primary care physician. If you don't have a physician, call the SCDPH hotline at 217-321-2606 M-F 8:00 am – 4:30 pm. If you have a doctor's appointment scheduled for Monday, March 16, 2020, you and any family or friends accompanying you to your appointment should prepare for possible additional screening at any local health care organization.

## Daily PSA: Quarantine vs. Isolation

If you have been exposed to COVID-19 through travel to a high-risk area or personal contact with a person who has the virus, you should be under quarantine, even if you don't have any symptoms. Quarantine means limiting contact with other people and only leaving the home when necessary.

People with confirmed cases of COVID-19 should remain in isolation to protect others from getting the virus. Isolation means complete separation from other people as much as possible. Isolated people should not leave their home and should avoid contact with others in their household.



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If you have had limited contact with a person under quarantine, you do not have to go into quarantine yourself, but you should stay away from others as much as possible. “Limited contact” is defined as being at least six feet apart from the quarantined person for 10 minutes to up to two hours. If you have had contact with an individual under isolation, you should be quarantined.

## **What happens if my family is quarantined or isolated?**

If an entire household is isolated, Sangamon County Department of Public Health staff will work to ensure that the family has an adequate supply of food and medicine. When a household has a mix of isolated individuals and quarantined individuals, one quarantined individual may leave the household for an hour to secure food, medicine and other essential supplies. This protocol applies to the household even if an isolated individual is in the hospital.

## **How should patients be isolated at home?**

- The isolated person should avoid contact with other members of the household, including pets.
- If possible, the isolation area should be separated from the rest of the household by a door. The patient should have a separate bedroom and a separate bathroom stocked with disposable towels.
- All shared bathrooms should be equipped with cleaning supplies. If anyone else in the household becomes ill, anyone who shared the bathroom with that person should be considered at risk for infection.
- Food should be brought to the isolated person’s quarters. That person should not eat meals with the rest of the household.
- Garbage should be bagged and left outside the isolated person’s quarters for routine pickup.
- Healthy people in the household should monitor themselves continually for elevated temperature and other symptoms with public health supervision at determined.