

Press Release from the Village of South Jacksonville regarding Covid 19:

As of Saturday, March 14th, the total number of COVID-19 cases in Illinois has increased by 20 and now stands at 66, with the first cases discovered in central and southern Illinois.

Public health officials announced two new positive coronavirus cases Saturday evening in Sangamon County.

The complete clinical picture with regards to COVID-19 is not fully known. Reported illnesses have ranged from very mild (including some with no reported symptoms) to severe, including illness resulting in death. While information so far suggests that most COVID-19 illness is mild, a report external to Illinois out of China suggests serious illness occurs in 16% of cases. Older people and people of all ages with severe chronic medical conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness.

The leaders of the Village of South Jacksonville encourage our residents to stay home during this pandemic. Only travel for necessary things, such as, work, fuel, necessary groceries.

If you have any comorbidities, or any underlying health problems that affects your immune system, you are strongly urged to stay home and contact family members or friends to run errands for you.

From the Centers for Disease Control and Prevention:

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid contact** with people who are sick
- Put **distance between yourself and other people**. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear **2-14 days after exposure**.:

- Fever
- Cough
- Shortness of breath

If you develop emergency warning signs for Covid-19, seek medical attention immediately and self-quarantine.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Blush lips or face.

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Stay up to date on Covid-19 from a reputable source, such as the Centers for Disease Control and Prevention at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html> , or the Illinois Department of Public Health at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus> .

Please take this Covid-19 seriously and take all precautions to avoid contracting the virus or spreading it to others.

If you call 9-1-1 for emergency treatment, and you have one or more of the above mentioned signs or symptoms, please tell the dispatcher so that emergency responders can prepare.

Todd A. Warrick, Trustee, Village of South Jacksonville.