

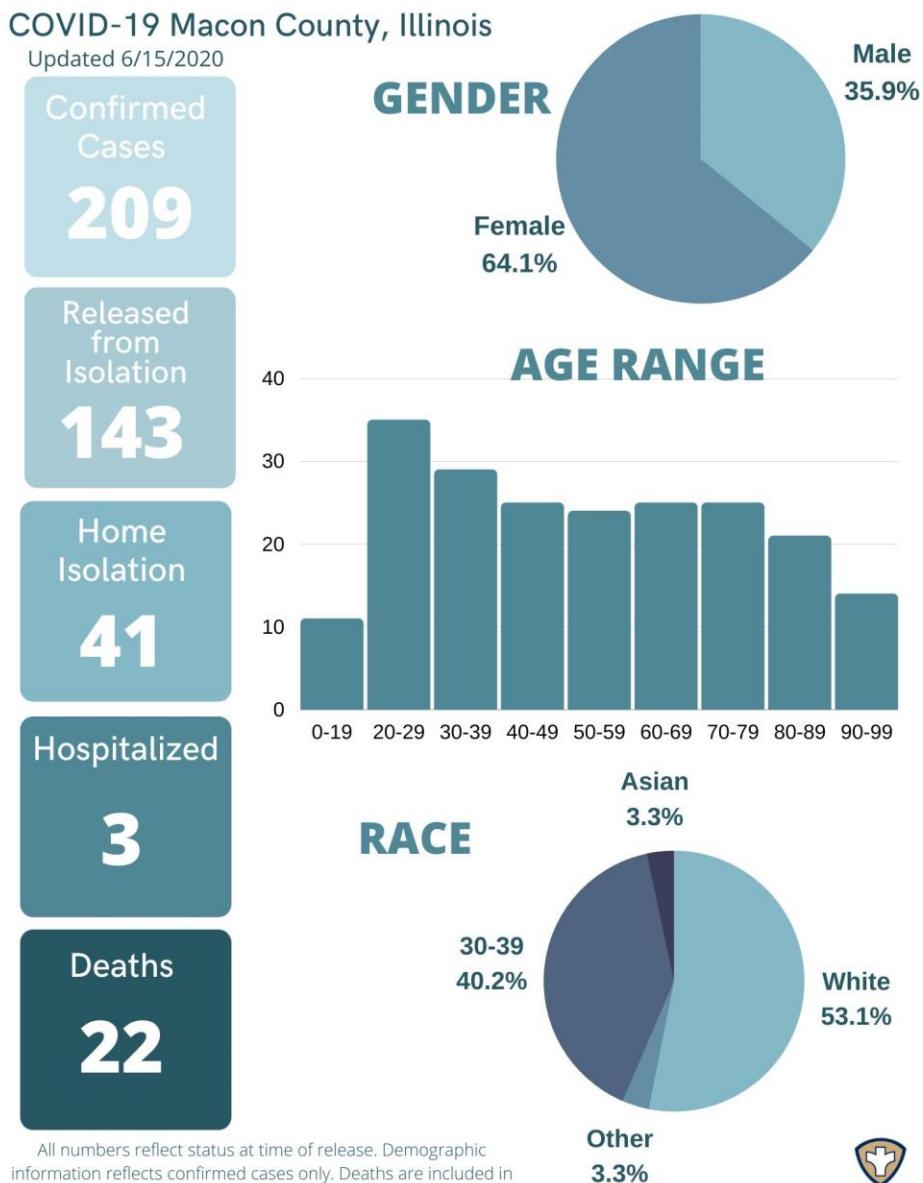


FOR IMMEDIATE RELEASE

June 15, 2020

Crisis Communication Team Press Update

As of today's release, the Joint Crisis Communication Team (CCT) reports the following numbers:



Thus far, 5,149 tests have been completed in Macon County. Since yesterday's release, we have had zero newly-confirmed cases of COVID-19. Therefore, our overall number remains at 209 confirmed COVID-19 cases in Macon County.

We encourage all community members to implement social distancing and face covering best practices to limit the spread of COVID-19. People with COVID-19 have reported a wide range of symptoms. If you experience symptoms of COVID-19 with which you are concerned, please call your primary care physician first. Do not show up at a hospital emergency room or doctor's office unless it is a true emergency.

Individuals without a primary care physician can call:

- DMH Medical Group: (217) 876-2856
- HSHS Medical Group Patient Advocate: 844-520-8897
- Crossing Healthcare: (217) 877-9117
- SIU: (217) 872-3800

For COVID-19 screening, please call one of the following:

- Crossing Healthcare: (217) 877-9117
- HSHS St. Mary's Hospital 24/7 COVID-19 Hotline: (217) 464-2966
- HSHS Medical Group offers free virtual assessments for COVID-19 at www.anytimedoc.com.

Anyone entering healthcare facilities should be prepared to be screened before entering.

PSA: Keeping Children Healthy During the COVID-19 Outbreak

While children are not considered to be in the high-risk category, we need to keep them as healthy as possible.

Teach and Reinforce Everyday Preventive Actions

- Parents and caretakers play an important role in teaching children to wash their hands. Explain hand washing can keep them healthy and stop the virus from spreading to others.
- Be a good role model- if you wash your hands often, they're more likely to do the same.
- Make handwashing a family activity.

Help Your Child Stay Active

- Encourage your children to play outdoors- it's great for physical and mental health. Take a walk with your child or go on a bike ride.
- Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

Help Your Children Stay Socially Connected

- Reach out to friends and family via phone or video chat.
- Write cards or letters to family members they may not be able to visit.

If your child is visiting with friends or family members, ask them if they have been experiencing any symptoms before allowing the visit to take place.

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For more information, please contact:

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