

FOR IMMEDIATE RELEASE  
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## **Shelby County, IL Officials Announce Third Positive Test for COVID-19**

Shelby County, IL- The Shelby County Health Department today announced the third Shelby County resident to test positive for coronavirus disease (COVID-19). The resident is a 31-year-old female and is currently self-isolating at their residence, in Shelby County. The individual was tested at HSHS Good Shepherd Hospital and immediately ordered to self-isolate. Health Department officials are working to identify all close contacts with this individual. Federal privacy restrictions prohibit the release of any additional information.

### **About COVID-19**

COVID-19 is spread from person-to-person by respiratory droplets, which occurs when someone who is sick coughs or sneezes.

Symptoms for COVID-19 usually appear two to 14 days after initial exposure to the disease.

- Fever
- Cough
- Shortness of breath

### **COVID-19 Prevention**

The best ways to prevent transmission of coronavirus is:

- Practice social distancing, stay at home as much as possible
- Wash your hands for at least 20 seconds with soap and water
- Avoid touching your face with unwashed hands.

### **What to do if you are sick and suspect exposure or infection of COVID-19**

*COVID-19 testing supplies are limited, and screenings are being performed in consultation with the Illinois Department of Public Health and the CDC. Only high-risk patients that meet strict criteria are being tested at this time.*

- Call ahead before visiting your primary care physician (family doctor) to let them know you may have or have COVID-19.
- Monitor your symptoms. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- If you have a medical emergency call 9-1-1, notify the dispatch personnel that you have, or are being evaluated, for COVID-19.
- Stay home except to receive medical care.
- Separate yourself from other people and animals in your home.
- Clean all “high-touch” surfaces every day. This includes counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, tablets, remote controls and bedside tables.

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