



**Quad Cities COVID-19 Coalition**  
**FOR IMMEDIATE RELEASE**  
March 19, 2020

A middle-aged adult (41-60 years old) who is not a resident of either Iowa or Illinois has tested positive for COVID-19 in Scott County. The case has been determined to be travel related.

The individual currently is recovering in a hospital. The name of the hospital will not be released, as in accordance with Iowa Department of Public Health guidelines.

“While this person is not a Quad-City resident, this confirms what we have been saying: COVID-19 is in our community,” said Ed Rivers, director of the Scott County Health Department.

This is the second case of a person testing positive for COVID-19 in Scott County, but neither case is a Quad-City resident. Both cases will not show up in the Scott County case count as reported by the Iowa Department of Public Health. Typically with communicable diseases, the county in which the resident resides is in charge of the coordination and follow-up. This is much more productive than when follow-up is done with an individual living across the state.

Social distancing, proper hand washing and isolation of people who feel ill remain our strongest tools to help minimize the spread of this disease in the community.

**Self-isolation**

The Iowa Department of Public Health released new advice on when individuals need to self-isolate.

Individuals are asked to self-isolate for 14 days in the following situations apply:

- You have been on a cruise in the world in the last 14 days.
- You have traveled to a country with a Level 3 Travel Warning in the last 14 days.
- You live with someone who has symptoms of COVID-19 or has tested positive for COVID-19.

Self-isolation means:

- Stay home and do not go to school, public areas or attend gatherings.
- Do not use public transportation, ride sharing or taxis.
- Postpone all travel.
- Wash your hands often.
- Delay all non-essential medical appointments until you have completed your 14 days of self-isolation.

If you are in self-isolation, you should take your temperature twice a day. You are watching for a fever and watching for cough or difficulty breathing.

Family members or other people who live in your home can remain in your home, but you should stay in a specific room away from others in your home and use a separate bathroom if you can.

As long as you remain healthy, the other people in your home can go about their daily activities as normal. There is no restriction on their movement.

You should not have direct contact with any animals, including household pets and livestock out of an abundance of caution. Arrange for your pets to be cared for and housed outside of your home, if possible.

If you are ill with fever or respiratory illnesses (such as cough or difficulty breathing), stay home and isolate from others in the home until:

- You have had no fever for at least 72 hours — three full days — without the use of fever-reducing medicine such as acetaminophen or Ibuprofen.
- AND other symptoms have improved (for example, when your cough or shortness of breath have improved).
- AND at least 7 days have passed since your symptoms first appeared.

“About 80 percent of individuals infected with COVID-19 will have only mild or moderate illness,” Rivers said.

### **Testing**

We recognize there continues to be questions about COVID-19 testing in the community. More testing facilities are coming online now, with all three health systems in the community offering some form of drive-through or curbside testing. All testing must come with a medical provider’s referral.

“No testing is being done at either the Rock Island County or Scott County health departments,” said Nita Ludwig, public health administrator at the Rock Island County Health Department. “In our community, testing is being done with a medical provider’s referral at a medical clinic or laboratory.”

We feel it is important to take time and explain how the testing process works for individuals:

- If you believe you have symptoms (fever, cough, shortness of breath), call ahead to your provider.
- Describe your symptoms.
- Your provider will use a process to determine if you need to come in to be evaluated.
- Even if you have mild symptoms, stay home.

Because private providers are not required to report COVID-19 testing, The Scott County Health Department will not be able to report the number of Scott County residents tested for COVID-19. Only positive results will be reported.

The procedure is different with the Illinois Department of Public Health. When tests go through one of the three state labs — Chicago, Springfield and Carbondale — local health departments must provide an authorization before a test sample is sent. However, no authorization is required for samples that are tested through private labs.

“Because of this, the Rock Island County Health Department no longer can report an accurate number of tests that are being done in the community,” Ludwig said. “Going forward, the Rock Island County Health Department only will report any positive cases.”

### **Preventing the spread of COVID-19 and other illness**

- Wash your hands
- Avoid touching your face
- Cover your cough or sneeze.
- Stay away of social gatherings of more than 10 people
- Stay home when you are sick.
- Avoid close contact with people who are sick
- Clean and disinfect frequently touched objects

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