



Quad Cities COVID-19 Coalition
FOR IMMEDIATE RELEASE
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The Quad Cities COVID-19 Coalition has developed a website, TogetherQC.com, that is dedicated to linking residents to resources and information related to COVID-19.

The site connects residents with public health, business, government, and social service resources that are providing support during our community's COVID-19 response. The Quad Cities COVID-19 Coalition partners invite residents to browse the site and learn how each individual person, organization, and business can help to minimize the spread of COVID-19 in the Quad Cities.

Current case count

No new cases of COVID-19 cases were reported to either of the health departments in Scott and Rock Island counties. Scott County's case count stands at seven, and Rock Island County has four.

We continue to encourage you to help us to drive home the recommendations about social distancing. We all must do our part to minimize the spread of illness.

Please help us all by:

- Social distancing by staying at home as much as possible.
- Keeping at least 6 feet between you and anyone else
- Washing your hands frequently with soap and water for at least 20 seconds each time and using hand sanitizer when washing your hands is not possible.
- Covering coughs and sneezes with a tissue or into your elbow.
- Staying home when you are ill.

If you think you may need to seek healthcare, **call first**. Your provider can assess whether you need to be seen in the office or whether you can recover at home.

Emergency Management Agencies

The entire Quad Cities has come together to respond to the COVID-19 crisis and is being coordinated by the Emergency Management Agencies in both Scott and Rock Island counties.

EMA has three primary roles in this event:

- Ensure that the effort throughout the community is as coordinated as possible to avoid duplicative effort
- Promote concise and effective communication

- Work to secure the supplies and materials required for the response and to provide a process for allocating scarce resources.

This event, because of its nature, is centered within our public health and healthcare communities. EMA works with those organizations in the roles outlined above. However, EMA coordinates the efforts for the entire Quad Cities.

“EMA organizes work around various functions, such as sheltering, feeding people, law enforcement, fire, logistics, public information and recovery,” said Dave Donovan, director the Scott County Emergency Management Agency. “We have people from other municipalities, nonprofits and faith organizations that have taken leadership roles within those functional areas on behalf of the two EMAs.”

Working with public health, healthcare, functional leads and partner organizations, EMA in Scott and Rock Island counties:

- Opened emergency operations centers to coordinate effort across multiple functional areas
- Created virtual conferencing and collaboration spaces for meetings and the sharing of information for all the various functions
- Helped to form the QC COVID-19 Coalition and continue to host and facilitate virtual coalition meetings
- Coordinate requests for personal protective equipment (PPE) from first responders and healthcare – this is an on-going effort as we expect PPE to continue to be in low supply
- Collaborate with partners to address community sheltering and feeding issues
- Facilitate coordination among faith organizations in the community to bring in volunteers to assist Quad-City residents in need
- Promote sharing of information among partner organizations
- Participate in a coordinated effort on regular communication and information for the public
- Act as the liaison to states of Iowa and Illinois for information sharing, resource requests and coordination

“Much of the work that is taking place is the fruit of labor that has taken several decades to achieve,” Donovan said. “Both EMA organizations along with other community leaders have been working diligently to build relationships and collaboration before this event, knowing that someday our community could leverage that synergy to work together more effectively. We see the successes of those relationships every day in the Quad-City community as we work together to overcome the adversity that we face from COVID-19. We will persevere.”

Rock Island Arsenal response

Over the past few weeks, the Rock Island Arsenal gradually and deliberately has increased health protection on the installation in order to protecting the workforce and limit the potential spread of COVID-19, said Col. Stephen Marr, garrison commander of U.S. Army Garrison Rock Island Arsenal.

“Protecting the workforce, including soldiers, civilians and families who live on the island is our No. 1 priority because they enable operational readiness for the Army,” he said. “Throughout this process, RIA has followed guidelines issued by Army health organizations and by the Centers for Disease Control and Prevention.

As part of this, Rock Island Arsenal commands and organizations have shifted to mission essential functions defined as those functions in support of COVID-19 operations and life, health, and safety of people on the island. Leaders at all levels are enforcing mitigation measures to protect the force from the spread of COVID-19.

Despite the COVID-19 pandemic, the Army still must ready to protect the country and preserve operational readiness and serve the installation community. The Commissary and Post Exchange remain operational to support the limited presence on the island. Rock Island National Cemetery is closed to visitors due to installation access restrictions, and interments at the cemetery are coordinated on a case-by-case basis, Marr said.

The Rock Island Arsenal Health Clinic remains operational to support its current patrons to include retirees, but this will be the only location on island accessible to retirees and non-key and essential personnel.

“We at the Rock Island Arsenal are part of a larger community — the Quad Cities community — and I and leaders of other organizations on the Arsenal have been working with leaders and experts in the Quad Cities as this situation has evolved. I want to thank all of those who are on the front lines, actively combating the spread of COVID-19 every day. Know that your efforts do not go unnoticed and that they are very deeply appreciated.”

Coping with COVID-19 stress

“Nothing is normal right now, so it is normal to feel sad, stressed, confused, scared or angry during a pandemic,” said Nita Ludwig, administrator of the Rock Island County Health Department. We hope these thoughts will help you deal with the stress and anxiety that many of us are feeling right now.

- Talking to people you trust can help. Try to make time to contact with people you love over the phone or videochat.
- It might be tempting to turn to tobacco, alcohol or other drugs to deal with your emotions. Those are just temporary fixes that will make the situation worse.

- If you feel overwhelmed, seek mental health services.
- Limit worry by decreasing time you watch or listen to media coverage.
- Maintain a healthy lifestyle — including proper diet, sleep and exercise. Going for a walk, run, bike ride, etc. are all OK as long as you practice social distancing.
- Get your facts from credible sources, such as CDC or WHO, state departments of public health or the local county health department websites and Facebook pages.
- Draw on skills you have used in the past to handle stress. Maybe you have found that yoga, meditation or music have helped in the past. I have enjoyed watching classic baseball games.

It is important to know that children might respond to stress in different ways, such as being more clingy, anxious, withdrawing, angry or agitated.

- Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.
- Provide facts about what has happened, explain what is going on now and give them clear, age-appropriate information about how to reduce their risk of being infected.
- Make opportunities for the child to play and relax.
- Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for playing and relaxing.

"Please try to remember that every one of us are going through a traumatic situation right now," Ludwig said. "Treating each other with kindness, empathy and grace will go a long way."

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