



**Quad Cities COVID-19 Coalition**  
**FOR IMMEDIATE RELEASE**  
April 3, 2020

**Current COVID-19 case count**

**Scott County** – 6 new cases reported for a total of 31

**Rock Island County** – 4 new cases reported for a total of 25

There is no playbook for the public health response to COVID-19, but one message remains clear: Staying home saves lives.

“If you remember when the coronavirus was first identified in China, it was called a “novel” or new virus,” said Edward Rivers, director of the Scott County Health Department. “The specific virus had not be found in humans before, and this means our response to this virus is new and we are doing things we have never done before on this large of a scale.”

Each time an individual tests positive across the country, public health responders and the health care system learn something new about the virus, Rivers said. The symptoms of someone experiencing COVID-19 have been fever, cough, and shortness of breath. However, more mild symptoms seem to mirror other respiratory infections, such as runny nose and sore or scratchy throat.

“The fact that COVID-19 symptoms can range from mild to more severe is the main reason we are asking you to stay home,” Rivers said. “The more we limit ourselves from interacting with others, the more successful we are at limiting the spread of the illness, especially from those individuals who have mild symptoms and may not know they have COVID-19.

Think of it this way:

- You’re not going to **catch** COVID-19 if you aren’t around lots of different people.
- The same can be said of someone who may have mild symptoms of respiratory illness. You can’t **spread** COVID-19 if you aren’t out and about and around other people.
- Stay home as much as you can, even if you have no symptoms.
- **Definitely** stay home when you show any symptoms of a respiratory infection.
- **STAYING HOME SAVES LIVES.**

“We know this may seem tough. We are asking each of you to do lots of tough things right now, such as not hosting playdates or sleepovers for your children, participating in group outdoor activities, allowing your children to hang out with groups of friends while school is currently out and going to stores and browse just to get out of the house.

“Does this message sound extreme? Yes. We know it does. But the spread of COVID-19 in our community is very serious and staying home saves lives,” he said.

With so much time being spent at home, you probably feel like all you’re doing is cooking and cleaning, said Nita Ludwig, administrator of the Rock Island County Health Department. We’re here to help make sure you understand how important cleaning and disinfecting is to preventing the spread of COVID-19 and what you should do when someone in your house is ill.

You should wear disposable gloves when you are cleaning and disinfecting your home. We ask that you pay special attention to frequently touched surfaces, such as counter tops, doorknobs, bathroom fixtures, toilets, television remote controls, phones and other everyday things. Consider other soft surfaces, too, such as carpeted floor, rugs, and drapes. Vacuum often.

You should clean first with soap and water if the area is soiled before disinfecting. Then you should use a household disinfectant, as indicated on the package label. You also can make your own disinfectant:

- Alcohol solutions with at least 70 percent alcohol can disinfect.
- Diluted household bleach is a great disinfectant. For diluted solution: mix 5 tablespoons bleach per gallon of water. Or, mix 4 teaspoons bleach per quart of water.

### **If someone in your household is sick**

If possible, have that person stay in their own room and use a separate bathroom, if possible. This includes during meal times. If possible, assign the ill person his or her own bathroom and disinfect after each use. If a bathroom must be shared, disinfect after every use.

Only clean the area around a sick person when needed to limit contact, and if facemasks are available, have the ill person wear a facemask when you are around them.

Other tips include:

- Avoid sharing household items (dishes, glasses, towels, bedding, etc.).
- Wear disposable gloves while handling their dirty laundry items, used dishes or silverware.
- Wash your hands after interacting with them or handling used items.
- If possible, have a dedicated lined trash can for the person who is sick.

### **Social distancing**

We continue to encourage you to help us to drive home the recommendations about social distancing. While many of the public places where we find ourselves are not open, we still all need to 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.

### **More information and video**

- Together Quad Cities: Keep Staying Home: [https://youtu.be/\\_GG0hRvJ0So](https://youtu.be/_GG0hRvJ0So)
- IDPH COVID-19 PSA (television): <https://www.youtube.com/watch?v=FvsF02uCM-M&feature=youtu.be>
- IDPH COVID-19 PSA (radio): <https://www.youtube.com/watch?v=xznWLKeZO3E&feature=youtu.be>
- [www.TogetherQC.com](http://www.TogetherQC.com)

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