



**Quad Cities COVID-19 Coalition
FOR IMMEDIATE RELEASE
April 22, 2020**

Current COVID-19 case count

Scott County – 3 new cases for a total of 183.

Rock Island County – 21 new cases for a total of 302. 22 patients are in the hospital

Recommendations haven't changed: Stay home

Remarks from Edward Rivers, director of the Scott County Health Department

COVID-19 has taken our focus in our community from mid-February until now...that's nearly 10 weeks of thinking about COVID-19, learning about COVID-19, and responding to COVID-19 recommendations. We know - it can feel like a lot and it can feel repetitive.

But, continuing to repeat these public health recommendations is essential, as there are people in our community who are just now being diagnosed with COVID-19, and families grieving those in our community who have died from this illness - including 2 individuals just this week. The virus is still spreading, it is still infecting people, and it is still taking the lives of our friends and family members.

Asking you to continue to stay home may sound like a big imposition. But it's necessary because it is saving lives.

Asking you to only go out when it's absolutely necessary for you and your household might also sound like a big imposition. But it's saving lives.

Asking you to stay more than 6 feet away from others when you must go out is saving lives as well.

You'll remember hearing us say that individuals should not gather in groups larger than 10. An important part of this message is to think about who makes up your fewer than 10 group.

- Individuals from different households have varying levels of exposure to COVID-19 depending on how they are implementing the recommendations from public health, including social distancing.
- You, as one individual, may have next to no exposure to COVID-19 because you're working from home, aren't the individual in your family who is going out for essential groceries, and you're spending most of your time in your home.
- Other individuals in your group may have a higher level of exposure to COVID-19 because of their job, their interactions in public, and the types of decisions they make in implementing public health recommendations.

- When you're interacting with each other, you are now increasing your risk of exposure to COVID-19. You are, in essence, being exposed to every individual with whom everyone in your group has been exposed. Remember, a person could have COVID-19 and not be showing symptoms.
- The best thing you can do is avoid those types of interactions in order to keep your level of exposure to COVID-19 low.

The bottom line? We aren't in a normal time and we aren't going back to normal in the near future. Physical distancing has to be our goal and gathering in groups is just too risky.

Physical distancing outdoors

Remarks from Nita Ludwig, administrator of the Rock Island County Health Department

Warm weather is here and it might feel like you can put the COVID-19 craziness out of your mind for a while by exercising or enjoying time outdoors. That's a great way to relieve stress and help promote well-being. However, our public health recommendations don't end as soon as you walk outdoors.

- Prepare before you visit parks or outdoor spaces near your home; here are 3 things to prepare for:
 - #1: Check to see if the park you are hoping to visit is still open.
 - All state parks and natural resources in Illinois are closed, but many -- but not all -- facilities in Iowa are open for day use only.
 - #2: Make sure you look for outdoor spaces that make it easy for you to keep your distance from others.
 - #3: Not all facilities, including restrooms, may be available during this time. Plan ahead and check out qctrails.org and the Iowa Department of Natural Resources website for more information.
- The safest way to be active outdoors is to stick with members of your household or go solo.
- Stay at least 6 feet away from others; and make sure to allow enough space for passing other park goers on trails or sidewalks. This might make some open areas, trails, and paths better to use. Do not go into a crowded area.
- Do not encourage group exercise for sports teams or fitness groups. We miss these things, we know, but these activities increase the risk of exposure to COVID-19 and they just aren't worth it.

Just because we are outdoors and possibly around others doesn't mean we can forget the important steps we are taking when we are indoors and possibly around others.

Recommendations

We all must continue to do our part 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
- Wearing a face covering when you must go out for essential supplies
- Staying home when you are ill

More information and video

- Flattening the Curve Resource: <https://covid19.healthdata.org/united-states-of-america>
- Together Quad Cities: Keep Staying Home video: <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

###