# **Pike County Health Department**



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## For Immediate Release Pike County, IL COVID-19 Cases Slowly Increasing

FOR IMMEDIATE RELEASE April 19, 2022 CONTACT: Sharon Bargmann, RN, BSN 217-285-4407 x 125 <u>sbargmann@pikecoilhealth.org</u>

**Pike County, IL** –Pike County Health Department (PCHD) is starting to see an increase in COVID-19 cases in Pike County, IL. In the month of March 2022, there were a total of 25 cases. So far in April, there have been 15 cases reported and unfortunately 1 COVID-19 related death. Although transmission level continues to be low in Pike County, residents should watch for signs and symptoms of illness.

Things you can do:

- Stay up to date with COVID-19 vaccines and boosters
- Maintain improved ventilation throughout indoor spaces when possible
- Follow CDC recommendations for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19
- If you are immunocompromised or high risk for severe disease:
  - Have a plan for rapid testing if needed (e.g., having home tests or access to testing)
  - Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, PrEP, and monoclonal antibodies

### If you have tested positive for COVID-19:

- Stay home for at least 5 days and isolate from others in your home. Wear a well-fitting mask if you must be around others in your home.
- Do not travel.

**Ending isolation if you had symptoms:** End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

**Ending isolation if you did NOT have symptoms:** End isolation after at least 5 full days after your positive test and wear a mask when around others until day 10.

If you got very sick from COVID-19 or have a weakened immune system, you should isolate for at least 10 days. Consult your doctor before ending isolation and wear and take precautions until day 10.

### Wear a well-fitting mask

Wear a <u>well-fitting mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

### Do not travel

<u>Do not travel</u> until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.

Avoid being around people who are more likely to get very sick from COVID-19.

PCHD offers free COVID-19 vaccination clinic on Thursdays in the Month of April from 1:30pm to 4:30pm at the health department and free COVID-19 testing Monday through Thursday from 8:30am to 11:30am. Results of testing are typically taking 1-2 days.

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