

Cerro Gordo County Joint Information Center

COVID-19



MEDIA RELEASE

Contact: Emily Dunbar, Public Information Officer, (641) 421-9345

COVID-19 Joint Information Center Update

(Mason City) – Monday, April 27, 2020

Data Snapshot

- 5,868 total lab confirmed cases of COVID-19 in Iowa (04/26/2020).
 - 14 total lab confirmed cases of COVID-19 in Cerro Gordo (04/26/2020).
 - Age Ranges of Lab Confirmed Cases: (18-40) = 2 cases, (41-60) = 6 cases, (61-80) = 6 cases
- 127 deaths in Iowa
 - 0 deaths in Cerro Gordo
- 1,219 COVID-19 tests administered at the mobile testing unit (04/26/2020).

A status report of monitoring and testing of COVID-19 in Iowa provided by Iowa Department of Public Health can be found at <https://coronavirus.iowa.gov/#CurrentStatus>. For Cerro Gordo County data, visit https://cghealth.com/?page_id=3754.

Governor Kim Reynolds Lifts Restrictions in 77 Counties in New Proclamation

Starting May 1st, Gov. Reynolds will lift restrictions in 77 Iowa Counties, including Cerro Gordo County. This is due to little to no activity of COVID-19 in our county. Some businesses will be able to open with stipulations, such as some businesses to operate at 50 percent capacity. For full details of the new proclamation, visit <https://governor.iowa.gov/press-release/gov-reynolds-signs-new-proclamation-continuing-the-state-public-health-emergency-0>.

Gov. Kim Reynolds, as well as the Cerro Gordo Joint Information Center, urges those who are most at-risk or may have been exposed to COVID-19, to stay home when at all possible. It is up to residents to take responsibility for their actions to reduce the spread of COVID-19. We must continue to follow basic infection control measures such as washing hands for 20 seconds, covering our cough, and staying home when sick. Other businesses not included in the proclamation will remain closed through May 15th. Additional guidance will be released from the Iowa Department of Public Health. Visit <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus> for more guidance on COVID-19.

Symptoms of COVID-19 include cough, fever (100.4 or greater) and shortness of breath. If you are experiencing any of these symptoms, or recently been exposed to the virus, call your health care provider or the MercyOne Family Health Line at (641) 428-7777 for an initial phone screening.

How to Stay Healthy and Active While Working from Home

CG Public Health's Health Promotion Manager, Kelli Gerdes, is sharing a few tips on how we can eat well, move more, and stay sane while working from home. The first tip is to eat a healthy breakfast to start your day. Try to eat 5 servings of fruits or vegetables each day. Track your progress by placing 5 magnets on your refrigerator and every time you eat a serving, move one magnet over to the opposite side of the fridge.

Cerro Gordo County Joint Information Center

COVID-19



Secondly, it is important to periodically get up from our workstations to move. Sitting at our computer for hours can decrease productivity. An easy way for us to move is to grab a deck of cards, assign an activity to each of the suits (e.g. – diamonds is 5 squats and the club could be 10 jumping jacks.) Every two hours draw a few cards and do the exercises consecutively. If that is not your cup of tea, YouTube has a lot of quick workouts, or enjoy a walk outside. Also, try to find 15 minutes in your day to read a book, or do a crossword puzzle to relax your mind and refresh.

Lastly, many of our daily routines have been changed since the start of quarantine. She suggests keeping a schedule by setting your alarm to allow plenty of time to wake up and get ready. Avoid going to work in what you wore to bed. “Try and separate your workspace from the play space in your home,” says Kelli Gerdes. “Try to go to bed on time. Sleep is extremely vital.” In combination, all these tips may significantly help you stay healthy while we are working from home.

###