

Cerro Gordo County Joint Information Center

COVID-19



MEDIA RELEASE

(Mason City) – Tuesday, June 2nd, 2020

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COVID-19 Joint Information Center Update

Data Snapshot

- 19,951 total lab-confirmed cases of COVID-19 in Iowa (06/02/2020).
 - 29 total lab-confirmed cases of COVID-19 in Cerro Gordo (06/02/2020).
- 558 deaths in Iowa
 - 1 death in Cerro Gordo
- 3,932 COVID-19 tests administered at the mobile testing unit (06/01/2020).

A status report of monitoring and testing of COVID-19 in Iowa, including county-level data, provided by the Iowa Department of Public Health can be found at <https://coronavirus.iowa.gov/#CurrentStatus>.

When Experiencing Stress, Anxiety or Fear Related to COVID-19

The Iowa Department of Public Health, and the JIC Partners would like to remind you, if experiencing stress, anxiety, or fear related to COVID-19 or other current events, please visit <https://yourlifeiowa.org/> for help. If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health, suicidal thoughts, or dealing with COVID-19 related stress, you are not alone. That is why the Iowa Department of Public Health created YourLifelowa.org. A place for Iowans to chat live, text, or call and get reliable information and treatment options, and find nearby help. This may be an isolating time, support yourself by connecting with others, and take breaks from watching, reading, or listening to the news. If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call (855) 581-8111. For more information visit <https://yourlifeiowa.org/>

How to Protect Yourself and Others During Peaceful Protests

The First Amendment protects your right to assemble and express your views through peaceful protest. If you plan on attending a peaceful protest, it is important to adhere to guidelines related to COVID-19 preventative measures before, during, and after participation.

1. **Wear a mask or facial covering** – wearing a mask protects yourself and those around you
2. **Maintain social distancing practices** – bring a lightweight, ribbon, tape measure and tape or chalk. Measure circles, 6 foot in diameter, and encourage participants to maintain physical distance
3. **Do not shake hands, hug, or conduct long, face-to-face conversations** – maintaining physical distance is physically and emotionally challenging. Say hello to friends at a distance and promise to connect online when the event is over.
4. **Wash your hands and bring hand sanitizer** – when possible, wash your hands or use hand sanitizer after touching surfaces
5. **If you begin to feel ill** - call MercyOne Family Health Line at 641-428-7777

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Remember these protests are peaceful. Follow instructions from event organizers regarding places to protest, when to move, and how to communicate. For more information regarding your right to protest and how to protect yourself visit <https://www.aclu.org/know-your-rights/protesters-rights/>

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