



News Release

FOR IMMEDIATE RELEASE
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Contact: Community Health Partners 712-737-2971

First Case of COVID-19 Confirmed in Sioux County

A case of novel coronavirus (COVID-19) has been confirmed in Sioux County. According to the Iowa Department of Public Health (IDPH), the individual is in isolation.

“While this is Sioux County’s first case, it may not be the last, and that’s why we encourage all residents to continue to make prevention a priority,” said Kim Westerholm Sioux County Public Health Director. These actions include:

- Washing hands frequently with soap and water for at least 20 seconds each time.
- Covering coughs and sneezes with a tissue or elbow/upper arm.
- Staying home when ill.

Approximately 80% of Iowans infected with COVID-19, will experience only a mild to moderate illness. Most mildly ill Iowans do not need to go to their healthcare provider or be tested to confirm they have COVID-19. Sick Iowans must stay home and isolate themselves from others in their house. Stay home and isolate from others in the house until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
- at least 7 days have passed since your symptoms first appeared.

If you think you may need healthcare, call your provider before you go to the office. You may be given special instructions.

For up-to-date information on COVID-19, visit the IDPH webpage at <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus> and follow the department on Facebook at @IowaDepartmentOfPublicHealth and on Twitter at @IAPublicHealth.

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