



**Public Health**  
Prevent. Promote. Protect.  
Rock Island County  
Health Department

## **FOR IMMEDIATE RELEASE**

**March 22, 2020**

### **Rock Island County Health Department reports first COVID-19 case**

A man in his 60s has tested positive for COVID-19 and is the first official case in Rock Island County. He is being treated in a local hospital. No additional information regarding this case is available due to federal privacy laws.

“Our first official case in Rock Island County confirms what we have been saying for more than a week: COVID-19 is circulating in our community,” said Nita Ludwig, public health administrator in Rock Island County. “We must prevent the further spread of this life-threatening virus.”

The best ways to prevent spread of COVID-19 include:

- 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.
- Staying home when you are ill.

Approximately 80 percent of patients infected with COVID-19 will experience mild to moderate illness, but they risk spreading the virus to people whose immune systems are compromised. Those who are ill must stay home and isolate themselves from others in their 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 (cough, shortness of breath) have improved  
AND
- at least 7 days have passed since your symptoms first appeared.

If you think you may need to seek healthcare, **call first**. Your provider can assess whether you need to be seen in the office or whether you can recover at home. Most mildly ill patients do not need to go to their healthcare provider or be tested to confirm they have COVID-19.

For up-to-date information on COVID-19, visit the Rock Island Health Department webpage at [www.richd.org](http://www.richd.org) the IDPH webpage at <http://www.dph.illinois.gov/>

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