



## Ford County Public Health Department

235 North Taft Street

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### Ford County, IL Daily COVID-19 Update

Ford County Public Health Department (FCPHD) is announcing no new cases of coronavirus disease 2019 (COVID-19).

Ford County has a total of nine confirmed cases, including one death. Two of the confirmed cases are associated with congregate living facilities. These numbers are accurate as of the release time. Public health officials continue to investigate and contact all individuals who may have had exposure to individuals that tested positive for COVID-19. Federal privacy restrictions prohibit the release of any further information.

FCPHD continues to encourage all residents to conduct preventive measures, practice social distancing, and follow Governor Pritzker's Stay at Home Executive Order, which will be extended through May 30, 2020. COVID-19 appears to spread from person-to-person mainly with close contact (less than 6 feet), but may also be spread by a surface that has the virus and then touching one's mouth, nose, or possibly one's eyes. Illinois Department of Public Health states that the spread is through respiratory droplets produced when an infected person coughs or sneezes.

#### **Social Distancing**

Limiting face-to-face contact with others is the best way to reduce the spread of COVID-19, which is why social distancing is so important. According to the Centers for Disease Control and Prevention, people can spread the virus before they know they are sick. Therefore, it is important to limit close contact with others even if you have no symptoms. Social distancing is especially important for people who are at higher risk of getting very sick.

Social distancing means keeping space between yourself and other people outside of your home. To practice social distancing:

- Keep at least 6 feet of distance between yourself and others you do not live with
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

#### **Why 6 Feet?**

COVID-19 is mainly spread through droplets that come out of the mouth and nose. When an infected person talks, coughs, or sneezes, tiny drops of liquid containing the virus spray from their mouth or nose. The droplets can travel about three to six feet and land in the mouths or noses of people nearby. If you are standing too close to an infected person, you may breathe in some of the droplets they release. By keeping at least six feet from others, you may avoid being exposed to this virus. A cloth face covering, or mask is an added layer of protection as it helps slow the spread of infected droplets.

Please continue to visit our website ([www.fordcountyphd.org](http://www.fordcountyphd.org)) and follow our Facebook page for additional COVID-19 resources and updates. For general questions about COVID-19, call the Illinois Coronavirus Disease (COVID-19) Hotline at 1(800) 889-3931 or send an email to: [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV) anytime, 24 hours a day, seven days a week.