Ford County Public Health Department
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Ford County, IL Daily COVID-19 Update

Ford County Public Health Department (FCPHD) is announcing no new confirmed cases today. Ford County has a total of 20 confirmed cases, including one death. Three 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.

- For zip code level information on confirmed positive COVID-19 cases, please visit the IDPH Virtual map at: https://www.dph.illinois.gov/covid19/covid19-statistics. Please note, data will not be shown unless a zip code has six or more confirmed cases. This is consistent with Collection, Disclosure, and Confidentiality of Health Statistics (77 Ill. Adm. Code 1005). Zip code area 60957 is now being reported.
- For information on long term care facilities with cases of COVID-19 among residents and staff, please visit: https://www.dph.illinois.gov/covid19/long-term-care-facility-outbreaks-covid-19. Information provided at this link is provisional, subject to change, and updated weekly. Facilities report data to their local health departments, which in-turn report to IDPH, so lag time and discrepancies are to be expected.

Making Physical Activity a Priority During the COVID-19 Pandemic
The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. While it can be challenging for people to continue their usual exercise routine, it is important people of all ages and abilities be as active as possible.

Move more – Regular physical activity can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19. Physical activity improves bone and muscle strength and increases balance, flexibility, and fitness. For older people, activities that improve balance help to prevent falls and injuries. Even small changes towards being more physically active make a difference in our overall health. Try taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching. This will help ease your muscles and improve blood circulation and muscle activity.

Relieve stress through physical activity - Everyone responds to difficult times in different ways, but we all have one thing in common: regular exercise reduces the harmful effects of stress. Exercise in almost any form can act as a stress reliever. Regular exercise can increase self-confidence, relax you, and it can lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression, and anxiety.

For ideas on how you can move more during the COVID-19 pandemic, visit:
- American Heart Association, Move More Together - https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month
- U.S. Department of Health and Human Services, Staying Active While Social Distancing - https://health.gov/news/202004/staying-active-while-social-distancing-questions-and-answers
- National Institute on Aging, Exercise and Physical Activity - https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability

Please visit our website (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 anytime, 24 hours a day, seven days a week.