



Ford County Public Health Department

235 North Taft Street

Paxton, IL 60957

For release on May 26, 2020 at 3:00 p.m.

Contact: Danielle Walls, Community Health Educator

(217)379-9281

dwalls@fordcountyphd.org

Ford County, IL COVID-19 Update

Ford County Public Health Department (FCPHD) is announcing no new confirmed cases today. Ford County has a total of 21 confirmed cases. There has been one COVID-19 related 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 Nutrition a Priority During the COVID-19 Pandemic

According to the World Health Organization, "Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes, and some types of cancer."

Below are tips for the average adult to maintain a healthy diet.

- Eat a variety of foods, including fruits, vegetables, whole grains, and fat-free or low-fat dairy products. Include protein foods such as poultry, fish, beans, eggs, nuts, and lean meats.
- Choose foods that are low in saturated fats, sodium, and added sugars. Many processed foods contain high amounts of sodium. When purchasing canned and other packaged foods, look for key phrases: "packed in its own juices," "packed in 100% juice," "unsweetened," "no added sugars," "no salt added," "reduced sodium". Choose fresh vegetables, meats, poultry, and seafood when possible. Try grilling, broiling, roasting, or baking. These methods do not add extra fat.
- Stay hydrated. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories. Also, limit alcohol consumption.

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.