



Ford County Public Health Department

235 North Taft Street

Paxton, IL 60957

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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 Mental Health a Priority During the COVID-19 Pandemic

The COVID-19 pandemic has caused many of us to make major changes to our daily routines. Adjusting to changes such as working from home, temporary unemployment, home-schooling of children, and lack of physical contact with friends and loved ones can be incredibly difficult. In addition to these changes, managing fear about getting COVID-19 can also be challenging.

It is important to know that feelings of anxiety and uncertainty are completely normal during times like this. Fortunately, there are things we can do to manage stress, and resources for you and your loved ones to seek help.

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Currently, many mental health care providers offer phone- or web-based appointments as alternatives to in-person visits. Ask your health care provider if these alternatives may be an option for you.

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.