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Sent: Thursday, March 26, 2020, 12:19 PM
To: Darla Kelchen
Subject: First Case of COVID-19 in Clayton County
Attachments: 3-26-20 News Release Clayton Covid19.pdf; 3.26.2020 OFFICE OF THE GOVERNOR.PDF
Importance: High

Just received the news from Clayton County Visiting Nurse Association Director Stacey Killian. Not the news we want to hear,
Stay Safe and Healthy, and take precautions Please. Keeping you informed.
We apologize if you receive the following information as a duplicate correspondence but we want to insure accurate information is shared.

First Case of COVID-19 Confirmed in Clayton County

A case of novel coronavirus (COVID-19) has been confirmed in Clayton County for a female in the age group of 18-40 years. According to the Iowa Department of Public Health (IDPH), the individual is self-isolating at home.

“While this is Clayton County’s first case, it may not be the last, and that’s why we encourage all residents to continue to make prevention a priority,” said Clayton County Visiting Nurse Association Director Stacey Killian. These actions include:

- Washing hands frequently with soap and water for at least 20 seconds each time.
- Covering coughs and sneezes with a tissue or elbow/upper arm.
- Staying home when ill.

Approximately 80% of Iowans infected with COVID-19, will experience only a mild to moderate illness. Most mildly ill Iowans do not need to go to their healthcare provider or be tested to confirm they have COVID-19. Sick Iowans must stay home and isolate themselves from others in their house. Stay home and isolate from others in the 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 have improved (for example, when your cough or shortness of breath have improved)
AND
- at least 7 days have passed since your symptoms first appeared.

If you think you may need healthcare, call first. Your provider can assess whether you need to be seen in the office or if you can recover at home. There may also be options for you to talk to a medical provider from home using technology.

For up-to-date information on COVID-19, visit the IDPH webpage at <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus> and follow the department on Facebook at @IowaDepartmentOfPublicHealth and on Twitter at @IAPublicHealth.

Clayton County Development Group
Darla Kelchen