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MEDIA RELEASE

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Public Health Confirms Second Case of COVID-19 in Hardin County

(Hardin County, Iowa) - A second case of novel coronavirus (COVID-19) has been confirmed in Hardin County. According to the Iowa Department of Public Health (IDPH), the individual is an adult (18-40 years old).

"We know that COVID-19 is in our communities because of community spread in Iowa. We anticipated today's case and have been planning for this," said Hardin County Public Health Nurse Rachel Loyd. "We anticipate more cases. Do not go out unless it is essential, if you do please remember to practice social distancing – stay 6 feet away from other individuals and do not gather in groups of more than 10 people. If you want to help, please do your part and stay at home in order to limit your exposure. Wash your hands, cover your cough. We need Hardin County residents to take this public health emergency seriously. These next few weeks are going to be critical for us to stop the spread."

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 because you have a fever, cough, or shortness of breath, call the Hansen Family Hospital Line at 641-648-7113. A nurse can assess whether you need to be seen or if you can recover at home. If you have mild symptoms, or may have come in contact with someone confirmed with COVID-19, please read the isolation instructions at https://idph.iowa.gov/Portals/1/userfiles/7/3_22_20%20FINALIsolation%20guidance%20for%20Iowans.pdf

There may also be options for you to talk to a medical provider from home using technology. To help you make decisions about seeking appropriate medical care, visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html> to complete the 'Coronavirus Self-Checker'. If you have general questions about COVID-19, call the State hotline at 2-1-1.

A status report of monitoring and testing of COVID-19 in Iowa provided by IDPH can be found at <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>. For more information about COVID-19, please Follow Greenbelt Home Care on Facebook.

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