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Immediate release  
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### Increase in Covid Cases in Winneshiek County

This past week, Winneshiek County has seen a 25% increase in Covid-19 cases. As of 7/1/2020, the county now has 7 positive cases, that is a 7-fold increase in cases compared to last 6 weeks. With the upcoming holiday weekend and overall general reminder, the Winneshiek County medical community would like to enlist your help to slow the spread. It appears that we may have let down our guard and didn't think it was going to affect us.

Be aware that even a family gathering can put you at risk no matter the number of persons attending, as we have become more relaxed when we didn't have a case for almost a month in our county. Persons have been traveling more, more visitors have come to our area, re-openings have occurred, and the potential for unknown exposures does exist.

Once a person tests positive, their county Public Health will be in contact with them and will be asking about the close contacts in that 48 hours BEFORE your symptoms started or before you got tested. The close contacts are those persons you were in a space of less than 6 feet for 15 minutes or more during that period of potential exposure. The close contacts of a positive will also be contacted by Public Health.

Winneshiek Medical Center and Gundersen Health systems are strongly encouraging those persons who have been told to be tested by Public Health, to contact the triage nurse at each facility and work with them on setting up an appointment to be tested at their drive thru clinics. Do not present to these facilities or any other surrounding communities' facilities without calling them first. You may also attempt to get tested through Test Iowa.

### What you need to know

- Anyone can have mild to severe symptoms. Some persons may also be asymptomatic.
- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Help us by doing your part and following these steps:

- Wearing masks when out in public, especially when unable to maintain the social distancing;
- Limiting contact with people outside of your household;
- Avoid large groups;
- Staying home if ill;
- Maintaining the 6 feet social distance;
- Continued use of hand sanitizer or washing your hands with soap and water for 20 seconds.

If you have further questions, contact Winneshiek County Public Health at 563-382-4662 or go to [www.winneshiekhealth.org](http://www.winneshiekhealth.org) and to be in contact with your healthcare provider.

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