



KNOX COUNTY EMERGENCY MANAGEMENT AGENCY

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Health and Safety of Knox County Residents Is Highest Priority

The Knox County Health Department (KCHD) and the City of Galesburg are urging area residents to stay the course in the fight to prevent the spread of the coronavirus after the county's first case was confirmed over the weekend. An investigation by the KCHD continues but at this point, the case has not been linked to travel or to any other confirmed COVID-19 case. At this time, there have been no other confirmed cases of COVID-19 in Knox County.

“While we continue to learn more about the individual's history today, the health department is taking this case very seriously. The health and safety of our residents is our highest priority. To that end, the Knox County Health Department is identifying, investigating, and actively monitoring all individuals who were in close contact with the individual while adhering to federal laws and privacy restrictions which prohibit the release of any additional information,” said Michele Gabriel, Public Health Administrator of Knox County Health Department.

About the case, Galesburg Mayor John Pritchard said, “Unified Command also understands this development causes heightened concern among residents, so we continue to encourage everyone to remain vigilant, continue to restrict socialization and commit to frequent hand washing. Everyone has a role to play in staying healthy and keeping others healthy.”

In agreeing with the mayor, Gabriel adds, “This one positive case underscores how important it is for anyone with mild fever, cough and respiratory symptoms to stay home and seek care over the phone from their medical provider. Those with more serious symptoms such as difficulty breathing should call 9-1-1 for emergency help. We must remain focused on protecting our older residents and those with underlying medical conditions, and we know handwashing, social distancing and sheltering in place combined, offer the best offense in preventing the spread of the virus.”

While it's vital to stay informed, particularly about what's happening in our community, it's also important to keep the daily barrage of information to a healthy dose. The KCHD shares the following tips to help keep the news of the day from being overwhelming:



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Stick to trustworthy sources such as the [CDC](#) and our local public health department.

- **Limit how often you check for updates.** Constant monitoring of news and social media feeds can quickly turn compulsive and counterproductive—fueling anxiety rather than easing it. The limit is different for everyone, so pay attention to how you're feeling and adjust accordingly.
- **Step away from the media if you start feeling overwhelmed.** If anxiety is an ongoing issue, consider limiting your media consumption to a specific time frame and time of day (e.g. thirty minutes each evening).
- **Ask someone reliable to share important updates.** If you'd feel better avoiding media entirely, ask someone you trust to pass along any major updates you need to know about.
- **Be careful what you share.** Do your best to verify information before passing it on. We all need to do our part to avoid spreading rumors and creating unnecessary panic.

Again, the Knox County Unified Command reminds county residents to use trusted sources for the latest information on COVID-19 such as; Centers for Disease Control and Prevention www.cdc.gov and Illinois Department of Public Health www.dph.illinois.gov. The following webpage, <http://gis.ci.galesburg.il.us/COVID> , is the official source of information on COVID-19 numbers for Knox County. For general questions about COVID-19, call the hotline at 1-800-889-3931, email dph.sick@illinois.gov or call your Knox County Health Department at 309-344-2224.