

PUBLIC HEALTH CONNECTION



Know How to Do Your Part

As the COVID-19 virus continues to spread in Scott County, we all can take steps to protect the health and well being of those around us.

Be Aware

COVID-19 is caused by a very contagious virus that mainly spreads from person to person as we talk, laugh, and sing with each other. Many people do not know they are infected with COVID-19. Signs of sickness can be very mild and easily dismissed as allergies or a cold. People with COVID-19 often have fever, chills, muscle aches, headaches, runny nose, sore throat, cough, shortness of breath, abdominal pain, vomiting, nausea, diarrhea, and changes in taste/smell. Some people with the virus never feel sick. That is why we all need to wear face coverings and wash our hands to avoid spreading it.

Know How to Handle Sickness

If you experience signs of sickness, you should stay away from people and animals for 10 days from when you first started feeling sick. This is called **isolation**. Get tested, and continue isolating while you wait for results. Even if you do not get tested, continue the 10 day isolation. Before ending isolation, you must feel much better and have no fever for 24 hours. Think about who else might be at risk. It is possible to spread the virus to others starting two days before you felt sick. People who have been close to you during this time (closer than six feet for 15 minutes or more) need to take precautions as well. These **close contacts** should stay away from people and animals for 14 days. We refer to these 14 days as **quarantine**.

The health of our community is as strong as the people who live here. Let's support each other as we work our way through this!



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- [Scott County Board of Health Meeting, via Webex, 12:00 PM, Thursday, October 15, 2020.](#)

Links

- [Together Quad Cities](#)
- [Influenza \(Flu\) Information from CDC](#)



Flu Prevention

Anyone can get the flu. According to the CDC, thousands of people in the U.S. die from the flu each year, and many more are hospitalized. The flu can be especially dangerous for some people, including infants and young children, people 65 years and older, pregnant women, and people with certain health conditions or a weakened immune system. If you have a medical condition, such as heart disease, cancer, or diabetes, the flu can make it worse.

Getting a flu vaccine this year is more important than ever, as it is likely that the flu and COVID-19 will be circulating at the same time. A vaccine is the best form of protection against the flu and is recommended for those 6 months of age and older. The vaccine not only protects you, but it protects the people you are around. It is recommended to get vaccinated by the end of October, but people who have not gotten vaccinated by the end of October should still get vaccinated as soon as possible. Also, take steps to keep yourself and others healthy by washing your hands, covering your coughs and sneezes, and staying home when sick. Don't forget to wear your mask when you cannot maintain six feet of distance between yourself and others to prevent the spread of COVID-19.



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