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# Quad Cities COVID-19 Update

3/13/2020

Due to a global increase in COVID-19, a coalition of Quad Cities area health, business, government and emergency management officials have united to assess our regional situation and provide recommendations on how to minimize the risk for community spread. We understand this is an evolving situation and there are concerns in the community. We want to address your concerns with factual information.

At this point in time there are no known cases of COVID-19 in the Quad Cities area. However, it's likely there will be COVID-19 cases in our community in the future. With that in mind, we come together to provide reassurance to the community that we are prepared. We are monitoring this situation and are implementing emergency response plans.

Our goals are to:

- slow the spread of COVID-19 in our community
- avoid overwhelming our medical health care resources
- provide regular updates of factual information to the community

As a community, we need your help.

Our recommendations are:

- **Consider avoiding social gatherings/community events** where you cannot maintain a 6-foot space between you and others. Organizations are encouraged to postpone social gatherings/ community events of 250 people or more.
- If you have COVID-19 symptoms (fever, cough, shortness of breath), **call ahead to your medical provider or a local walk-in clinic**. Please do not show up to a medical facility or emergency room without calling ahead.
- **Stay home if you are sick.**
- If you are considering travel, **monitor the spread of COVID-19 at your destination and along your route**. If COVID-19 is spreading at your destination, you may be at higher risk of exposure if you travel there.

You can take these steps to protect yourself:

- Clean your hands often
- Avoid close contact
- Stay home if you're sick
- Cover coughs and sneezes
- Clean and disinfect
- Make sure you have the medical supplies you need for self-care
- Please note: Older adults and/or those with chronic disease are at higher risk for serious illness related to COVID-19. This is especially important when considering social distancing and travel.

The Quad Cities COVID-19 Coalition will continue to meet regularly and issue statements to the public as needed.