

NEWS

For Immediate Release

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As COVID-19 numbers continue climbing, Central District Health says more personal accountability is critical in slowing the spread

In just one day, confirmed COVID-19 cases jumped from 114 to 170 in Central District Health's four-county jurisdiction of Ada, Boise, Elmore, and Valley Counties. While test timing and result notifications can factor into case count increases like this one, these numbers represent our neighbors, family, friends, and co-workers. Some individuals show mild symptoms, while others require hospitalization for care.

As Idahoans enter week two of the statewide stay at home order, Central District Health wants to share more about what is being seen and heard in our ongoing COVID-19 response. We are asking our residents to consider how they've changed their actions, and urging greater action within our communities to slow the spread.

What do cases in CDH's jurisdiction look like?

CURRENT COVID-19 numbers in CDH's four-county jurisdiction include:

- Ada County 194 cases
- Elmore County, 4 cases
- Valley County, 2 cases
- Boise County, 0 cases to-date

Case counts are updated weekdays by 5 pm unless otherwise noted at <https://www.cdh.idaho.gov/dac-coronavirus>.

Snapshot of CDH's FIRST 100 cases investigated by CDH:

County of Residence	Gender	Age	Illness Severity
Ada = 99 cases	Female = 46 cases	Under 18 years = 1 case	Hospitalized = 16 cases
Valley = 1 case	Male = 54 cases	18-49 years = 58 cases	Deaths = 3
		50+ years = 41 cases	

What should you do?

If you are having mild, cold-like symptoms, stay home. Even if you wouldn't normally.

- Through CDH investigations, we have learned many individuals have mild symptoms, especially early in the course of their illness. Without taking precautions to stay at home, people who are infectious could be unintentionally exposing others.
- CDH is urging anyone having symptoms of cough, sore throat, body aches, fever, sneezing, trouble breathing, or other cold-like symptoms, no matter how mild, to stay home for:
 - at least 7 days from when their symptoms first appeared and
 - at least 3 days (72 hours) of symptom improvement including no fever (without using fever-reducing medications).

Assume COVID-19 is in our community.

- No longer are cases only connected to travel or other confirmed cases. Community spread has been confirmed in Ada County, as well as neighboring Canyon County. This trend is appearing throughout other counties in the state.
- Consider how you can reduce your trips out in public. Can you use more drive-through or carry-out services? Each time you are in a public place there is risk for COVID-19.

Consider how closely you, your household, and friends are following the statewide order.

- CDH strongly urges everyone to consider how they can become even more accountable during the statewide stay at home order to increase effectiveness on slowing down the spread of COVID-19. Communities like Seattle are beginning to see progress from consistent efforts like isolation and physical distancing. Help our community become a success story.
 - Are you avoiding spending time in groups? Are you properly physically distancing in the workplace or working from home? Are you finding other ways to connect with family and friends? Are you looking out for family members, friends or neighbors who might need some help?

Resources

For General Public:

- Keep up-to-date on COVID-19 developments in our community and state
 - <https://www.cdh.idaho.gov/dac-coronavirus> or your local health department's website – CDH Call Center M-F 8:30am to 4:30pm, Saturdays 10am to 2pm: 208-321-2222
 - [cdh.idaho.gov](https://www.cdh.idaho.gov/dac-coronavirus) – State COVID-19 Hotline: 1-888-330-3010.
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Flyer: What do to if you have COVID - <https://www.cdh.idaho.gov/dac-coronavirus-resources.php>

For Businesses:

- Flyer: Considerations when an employee tests positive for COVID-19: <https://www.cdh.idaho.gov/dac-coronavirus-resources.php>

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