

# COVID-19: Outbreak in Guttenberg Community

GUTTENBERG, IA October 23, 2020 – The community of Guttenberg has seen a rapid increase in symptomatic and positive COVID-19 cases.

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. If you have symptoms, please isolate at home. COVID-19 symptoms include:

Fever (now 99 degrees or higher when taken with infrared thermometer)

Cough

Headache

Difficulty Breathing or Shortness of Breath

Sore Throat

Chills

New loss of taste or smell

Muscle or Body aches

Nausea or Vomiting

Diarrhea

Fatigue

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community:

Stay home when sick

Separate yourself from other people and animals in your home

Cover your coughs and sneezes

Clean your hands often

Avoid sharing personal household items

Clean all “high-touch” surfaces everyday

Monitor your symptoms

Continue home isolation as appropriate

Our mission as health care providers of this community is to provide efficient and accurate care to our patients. This includes scheduling and testing patients as soon as possible. Testing is more accurate at least 24 hours after onset of symptoms due to a higher viral load.

People with symptoms of COVID-19 should self-isolate (this includes those who test positive and those who are not tested) until after these three things have happened:

- At least a minimum of 10 days have passed since their symptoms first appeared, AND
- They have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) AND
- Their other symptoms have improved (for example, when your cough or shortness of breath has improved)

People with symptoms of COVID-19 who are tested, test negative AND who ARE a close contact of a person who tested positive for COVID-19, should continue to self-quarantine until 14 days after their last exposure to the confirmed case.

People with symptoms of COVID-19 who are tested, test negative AND who ARE NOT a close contact of a person who tested positive for COVID-19, can go back to daily activities 24 hours after their fever and other symptoms resolve.

If you develop severe symptoms or emergency symptoms of COVID-19 come to GMHC Emergency Department immediately. Emergency warning signs include:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

Be well, be safe, and take care of each other.

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