

# St. Charles County Novel Coronavirus 2019 (COVID-19) UPDATE



(as of 6 p.m., April 23, 2020)

St. Charles County Government and the Department of Public Health staff are working closely with local, regional, state and federal partners to investigate COVID-19, monitor individuals who may have been exposed to the virus and implement procedures to reduce the spread of illness. Staff is also connecting with community partners in health care, education, businesses, community services and other areas to provide support to those organizations and the clients they serve.

**Caring For The Most Vulnerable During COVID-19**

sccmo.org/COVID

For additional St. Charles County COVID-19 video tips, please visit our [website](https://www.sccmo.org/COVID).

St. Charles County has launched [an online dashboard](#) with updated information on COVID-19 cases in the county, including a Zip Code map and breakouts listing cases by date reported, age, gender and race.

As of this update, the Department of Public Health reports the following:

<b>Persons being quarantined</b>	685
<b>Persons who have completed quarantine period</b>	1,096
<b>Number of tests pending at the Missouri State Laboratory*</b>	1
<b>Number of negative tests*</b>	78
<b>Number of positive tests</b>	512
<b>COVID-19 deaths</b>	26

\*Tests are being performed at both the Missouri State Laboratory and through private testing laboratories. The number of negative and pending tests is reported to the Department of Public Health by the Missouri State Laboratory only; private labs do not report pending or negative tests to the health department.

### Today's News:

- The Department of Public Health was notified today of the 26<sup>th</sup> reported COVID-19 death involving a St. Charles County resident — a female in her 60s, who was a resident of Frontier Health and Rehabilitation, St. Charles.
- Today's briefing from the St. Louis Metropolitan Pandemic Task Force - <https://www.facebook.com/StLouisMetropolitanPandemicTaskForce/videos/1084695271903259/>.

For more updates and links to COVID-19 news releases, visit our Latest News web page - <https://www.sccmo.org/COVIDNews>.

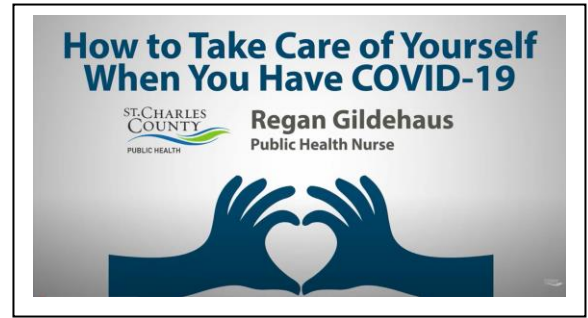
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### Self-Care For Those Who Test Positive for COVID-19

Most who test positive for COVID-19 have a mild case of the disease and are asked to isolate themselves during home recovery. Self-care and monitoring symptoms will help individuals recover comfortably and protect the health of others.

For those following self-care recommendations:

1. Stay Home!
2. Follow the advice of and stay in contact with your medical provider. If permitted, treat symptoms with over-the-counter medications and drink fluids.
3. Monitor symptoms for changes.
4. Call 9-1-1 in emergency situations and alert dispatch to COVID-19 concerns
  - Trouble breathing
  - Pain or heavy pressure in the chest
  - Confusion or lethargy
  - Bluish lips or face
5. If living with others, isolate in a separate room, and use a separate bathroom when possible.
6. Wear a face covering whenever you are around others.
7. Practice good hygiene and sanitization habits.



### Separating COVID-19 Fact from Fiction

With the volume of COVID-19 information in the news, online and on social media, facts often mix with fiction. Do you know what is fact or fiction when it comes to COVID-19?

**FACT:** Your mobile device, computer, mouse and other frequently touched items can become contaminated with the COVID-19 virus. Sanitize them often with proper materials.

**FICTION:** Mobile networks, including those operating on 5G technology, spread COVID-19. **This is NOT true.** The virus cannot travel over radio waves or mobile networks.

**FACT:** Social distancing should be practiced outdoors as well as indoors. Respiratory droplets containing the virus can spread like misters outside, especially when there is wind.

**FICTION:** Exposing yourself to the sun or hot temperatures prevents COVID-19. **This is NOT true.** Countries in all environments have reported the disease.

**FACT:** Food containers, refrigerators, pots and pans, sinks and water bottles can become contaminated with COVID-19. Sanitize frequently used surfaces and objects with a household disinfecting spray or wipe.

**FICTION:** Garlic prevents COVID-19. **This is NOT true.** While garlic is a healthy food, it cannot protect people from this virus.

### Additional Help and Available Resources

To help St. Charles County residents and businesses during the COVID-19 pandemic, a web page (<https://www.sccmo.org/CommunityResources>) is updated regularly.

For questions about the pandemic disease, testing and resources available, St. Charles County's COVID-19 Information Hotline (636-949-1899) is answered from 8 a.m. to 8 p.m., daily or the St. Charles County COVID-19 website is available at <https://www.sccmo.org/COVID>.

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