

## Stay Connected with the Latest COVID-19 Information

As a novel Coronavirus, information about COVID-19 changes as more is learned and the circumstances and recommendations change. SDHD encourages everyone to follow all [Iowa Department of Public Health](#) and [CDC](#) guidelines to help prevent contracting or spreading the virus. This site provides links to resources and will be updated as needed with the latest updates.

Stay up-to-date on all the latest updates regarding COVID-19 and the cases in Woodbury County by following our social media accounts. Like us on [Facebook](#) and follow us on [Twitter](#) and you can also subscribe to our [YouTube Channel](#) so you get notifications when we post POD Casts.

You can find the Woodbury County COVID-19 Daily Update on our [Daily Update page](#) .

Information about COVID vaccinations is available on the [Vaccine page](#) .

View our [Quarantine Guidelines page](#) for information about quarantine.

**The most recent Governor's Proclamation in Iowa can be found by [clicking this link](#) .**

Below are some helpful links:

The [Department of Inspections and Appeals website](#) has information that pertains to food facility and other business operations during the COVID-19 pandemic.

This [webpage](#) answers some of the Frequently Asked Questions that people have about the requirements and recommendations for reopening restaurants, bars, and other food establishments.

This [link from the Iowa Department of Public Health](#) contains general guidance regarding COVID-19 for multiple types of businesses and organizations.

There are several other resources available at the following websites:

[Iowa Department of Public Health](#)

[IDPH Coronavirus Updates](#)

[Iowa COVID Vaccine Information](#)

[Centers for Disease Control and Prevention](#)

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## COVID-19 RESOURCES

[IDPH Death Reporting Changes 12-7-2020](#)  
[COVID-19 Vaccine Planning 11-7-2020](#)

[SDHD Contact Tracing Basics](#)

[SDHD](#)

[SDHD Halloween Activities Guidance](#)

[Siouxland District Board of Health Masking Recommendation 8-12-2020](#)

[Youth Sports and Activities - Information for consideration in planning for COVID-19](#)

[Memo to Childcares 5-8-2020](#)

[Circles of Exposure Diagram](#)

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## **COVID-19 UPDATES Found on SDHD YouTube Channel**

[March 15, 2021](#) - SDHD COVID-19 Mass Vaccination Clinic 2021

[December 14, 2020](#) - SDHD COVID-19 Community PSA

[June 2, 2020](#) - Sports Activities Informational Zoom Meeting

[May 29, 2020](#) - SDHD COVID-19 Trends and Data

[April 9, 2020](#) - COVID-19 Information for Businesses

April 3, 2020 - Podcast on COVID-19 Testing Site, Tracking & Monitoring Positive Cases

[March 31, 2020](#) - COVID-19 Testing Data From Woodbury County

[March 26, 2020](#) - How long do viruses live on surfaces?

[March 24, 2020](#) - What information do we release when we get a case and why?

[March 23, 2020](#) - How we conduct disease contact investigations

March 19, 2020 - Podcast on COVID-19

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**SDHD PRESS RELEASES**    [3-29-2021 - COVID-19 Vaccine Clinic Press Release](#)    [3-16-2021 - COVID-19 Vaccine Clinic Press Release](#)

[3-1-2021 - COVID-19 Vaccine Clinic Press Release](#)

[2-23-2021 - COVID-19 Vaccine Clinic Press Release](#)

[2-16-2021 - COVID-19 Vaccine Clinic Press Release](#)

[2-8-2021 - COVID-19 Vaccine Clinic Press Release](#)

[2-1-2021 - COVID-19 Vaccine Phase 1B Press Release](#)

[1-6-2021 - COVID-19 Vaccine Updates for Woodbury County](#)

[12-22-2020 - COVID-19 Vaccine Scams Press Release](#)

[12-14-2020 - Press Conference COVID-19 Vaccine Updates for Woodbury County](#)

[9-28-2020 - Change in Iowa COVID-19 Quarantine Guidance](#)

[8-18-2020 - COVID-19 Data Updates for Woodbury County](#)

[6-26-2020 - SDHD Press Conference Summary](#)

[6-12-2020 - SDHD Press Conference Summary](#)

[6-5-2020 - SDHD Press Conference Summary](#)

[5-12-2020 Press Release - COVID-19 Updates for Woodbury County](#)

[5-1-20 Press Release - COVID-19 Updates for Woodbury County](#)

[4-24-20 Press Release - COVID-19 Case Surge in Woodbury County](#)

[4-21-20 Press Conference](#)

[4-6-20 Press Release - Social Distancing and Mass Gathering Recommendations](#)

[3-31-20 Press Release - COVID-19 Testing in Woodbury County](#)

[3-26-20 Press Conference](#)

[3-23-20 Press Release](#)

[3-21-20 Press Release](#)

[3-18-20 Press Conference](#)

[3-11-20 Press Conference](#)

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## **COVID-19 TESTING**

Iowa Department of Public Health Frequently Asked Questions about is [available here](#) .

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## **Frequently Asked Questions about COVID-19**

### **What's a coronavirus?**

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people

and then spread between people such as with MERS and SARS. It's important to know that there are coronaviruses other than COVID-19 that are circulating routinely.

### **How is COVID-19 being spread?**

Past history with coronavirus tells us that spread to close contacts (approximately 6 feet) usually occurs via respiratory droplets (when a person sneezes or coughs).

Most of time people spread this virus when they are symptomatic. But there is evidence of at least some spread occurring from people that are not having symptoms.

### **What are the symptoms of COVID-19?**

Fever, cough, and shortness of breath are the most common symptoms.

Confirmed cases have ranged from very mild or no symptoms to severe or life-threatening symptoms.

CDC believes that people develop symptoms between 2-14 days after catching the virus.

### **What can I do to keep from getting it?**

Everyday precautions are the best way to prevent contact with the virus.

- Regular hand washing with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

More information about COVID-19 is available here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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## TRAVEL RESTRICTIONS/RECOMMENDATIONS

[CDC Travel recommendations](#)