Siouxland District Health Department (SDHD) is the public health agency for Woodbury County. **Public health** promotes and protects the health of people and the communities where they live, learn, work, and play by trying to prevent people from getting sick or injured. Public health also promotes wellness by encouraging healthy behaviors.

SDHD’s mission statement: "**Leading a collaborative effort to build a healthier community through improved access to health services, education and disease prevention.**"  
Vision statement: “**A Healthy Community for All.**”  
SDHD

**Quarterly Newsletters:**  
Read the [latest SDHD newsletter](#) and [sign up today](#) to receive our quarterly newsletter via email.

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**CORONAVIRUS (COVID-19) UPDATE**  
**MARCH 10, 2020**

Our podcast on the coronavirus is available here: [Coronavirus: Update on the outbreak](#)

A novel (new) coronavirus has been causing an outbreak of illnesses that began in China and has now spread throughout much of the world including the United States. The disease associated with this virus is being called COVID-19.

Iowa Department of Public Health is updating number of cases regularly on their website. For those numbers please visit: [https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus](https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus)
There are a lot of travel implications of COVID-19. See below to find the latest advisories and recommendations.

Below is a list of 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 the 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?

There is currently no vaccine to prevent COVID-19. 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.

What about travel to other countries?

CDC has updated the travel advisories and warnings and they now include several countries.
CDC recommends that travelers avoid all nonessential travel to the following destinations. Entry of foreign nationals from these destinations has been suspended.

- China (Level 3 Travel Health Notice)
- Iran (Level 3 Travel Health Notice)

CDC recommends that travelers avoid all nonessential travel to the following destinations:

- South Korea (Level 3 Travel Health Notice)
- Italy (Level 3 Travel Health Notice)

CDC recommends that older adults or those who have chronic medical conditions consider postponing travel to the following destinations:

- Japan (Level 2 Travel Health Notice)

Additionally, CDC is recommending that schools, colleges and universities consider postponing or canceling any international trips or study abroad programs taking place in the near future due to the unstable disease and travel situations around the world.
Welcome to Siouxland District Health

See the link to view the list and recommendations:  https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

What is public health doing to protect everyone?

People coming to the US from China and Iran are being screened at the airports for symptoms of COVID-19. The state where these travelers are going will be monitoring them for up to 14 days for symptoms. State and local public health will also be working to identify contacts of people that do test positive.

Travelers coming from other affected countries are being asked to voluntarily self-isolate for 14 days after returning. No orders or mandatory quarantines are currently being done for countries other than China and Iran.


Siouxland District Board of Health Vacancy

Siouxland District Board of Health currently has one vacancy. This position is an appointed position by the Woodbury County Board of Supervisors for a term of three years. Meetings are held the first Wednesday of the month beginning at 12:00 Noon. Interested individuals should complete the application and submit to the Woodbury County Supervisors Board Office as indicated on the application
Move Your Way Campaign℠

Siouxland District Health Department has been selected as one of eight communities from across the nation, to pilot the Move Your Way Campaign℠ over the next nine months. The U.S. Department of Health and Human Services created the Move Your Way campaign to promote the second edition of the Physical Activity Guidelines for Americans. It aims to help people understand how much physical activity they need to be healthy and how to fit it into their daily lives.

The campaign has videos, fact sheets, posters, and interactive tools in English and Spanish that are free and easy to use and distribute. These materials promote friendly, practical key messages, like "lots of things count as physical activity" and "it all adds up!"

For more information on our Move Your Way campaign efforts, click here.

Move Your Way is a service mark of the Department of Health and Human Services. Used with permission. Participation by Siouxland District Health Department does not imply endorsement by HHS/ODPHP.

Proposed Regulation: Requirements for Tanning Facilities in Woodbury County

The Siouxland District Board of Health conducted the first reading of the Regulation 23-3 Minimum Requirements for Tanning Facilities in Woodbury County on January 8, 2020. The next reading for public comment will be held on February 5, 2020 at 12 Noon. Follow this link to access a copy of this proposed regulation.

Get Public Health Information and Updates on Facebook @SiouxlandHealth. "Like" or "Follow Us" so you can get timely public health information and updates on disease outbreaks, foodborne illnesses, programs and services, and general health
information.