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”.

Quarterly Newsletters:
Read the latest SDHD newsletter and sign up today to receive our quarterly newsletter via email.

CORONAVIRUS (COVID-19) UPDATE

March 19, 2020

On March 15, Governor Kim Reynolds announced a recommendation for Iowa schools to close for 4 weeks due to increased community spread of COVID-19.

All Woodbury County schools are complying with this recommendation.
On March 17, the Governor issued a State of Public Health Emergency proclamation that requiring temporary closure of bars and recreational facilities and moving restaurants to drive through, carry-out, and pickup orders.

At this point in time, Woodbury County does not have any confirmed cases. We are working with the medical community for increasing the availability of testing that occurs for those that it is deemed medically necessary.

We ask for your cooperation in doing what you can as individuals to limit the spread of this virus. The most important is to STAY HOME WHEN YOU ARE SICK and avoid gatherings of more then 10 people. Wash your hands, cover your coughs/sneezes and disinfect surfaces on a regular basis.

Our podcast on the coronavirus is available here: Coronavirus: Update on the outbreak

Iowa Department of Public Health Frequently Asked Questions about COVID-19 testing is available here.

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

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 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.

If I am ill, how long do I need to be isolated?
If you are ill, whether you have received a confirmed COVID-19 diagnosis or not, stay home and isolate from others in the house until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) **AND**

- Other symptoms have improved (for example, when your cough or shortness of breath have improved) **AND**

- At least 7 days have passed since your symptoms first appeared.

**What about travel?**

CDC recommends that travelers avoid all nonessential travel to the following destinations. Most foreign nationals who have been in one of these countries during the previous 14 days will not be allowed to enter the United States.

- China (Level 3 Travel Health Notice)
- Iran (Level 3 Travel Health Notice)
- Most of Europe (Level 3 Travel Health Notice)
- United Kingdom and Ireland (Level 3 Travel Health Notice)

CDC recommends that travelers avoid all nonessential travel to the following destinations:
- South Korea (Level 3 Travel Health Notice)
- Malaysia (Level 3 Travel Health Notice)

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

- Globally (Level 2 Travel Health Notice)

CDC recommends that travelers defer cruise travel worldwide. For most travelers, cruise ship travel is voluntary and should be rescheduled for a future date.

If you were on a cruise in the past 14 days:

- Stay home for 14 days from the time you disembark, practice social distancing, and monitor your health. Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
See the link to view the list and recommendations: https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

Iowans should stay at home and isolate themselves from others in the home in the following situations:

- Taken a cruise anywhere in the world in the last 14 days.
- Traveled internationally to a country with a level 3 travel warning in the last 14 days.
- Close contact with a suspected or confirmed COVID-19 case in the last 14 days.


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
Welcome to Siouxland District Health

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.

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@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.