



We are seeing an increase in cases over the past week in Buchanan County. This is consistent with trends in other counties in Iowa. With the holiday weekend in the near future please take the following guidance into consideration:

- Stay HOME when ill.
- Clean your hands often.
- Cover your mouth and nose with a cloth face covering when arounds others not in your household.
- Clean and disinfect frequently touched surfaces.
- Avoid close contact. Remember that people without symptoms may be able to spread the virus.
- If you have been in close contact to a case self-isolate for 14 days after your last known exposure. Close contact is defined as within 6 feet for 15 minutes or greater.
- Anyone who has had a close contact to a positive case is recommended to be tested at least 2 days after the exposure. Testing options include: contacting your healthcare provider, call Buchanan County Health Center COVID Call Center at 319-332-0894 (open Monday-Friday from 8:00 am to 5:00 pm) or going to testiowa.com. Regardless of your test results you must remain in isolation for the 14 days.
- Public Health completes case investigation for all positive cases. This includes follow-up with anyone who has been identified as a close contact.

We need everyone to take precautions to slow the spread of COVID.