

# Grundy County Health Department

Preserving, Promoting and Protecting the health  
and well-being of Grundy County since 1966

## For Immediate Release

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## “Staying Home” for Grundy County

The Health Department is reinforcing to the public each person’s responsibility in slowing the spread of the coronavirus disease (COVID-19). Local medical and first responder resources may soon reach a concerning level, and it is only with our immediate action that they can be available for our neighbors and each of us during times of crisis.

Governor Pritzker’s “Stay at Home” executive order is now effective through April 30, 2020.

While most residents have the best of intentions with complying and cooperating, below is additional guidance intended to better articulate what we should and should not be doing right now.

### What STAYING HOME looks like:

- Being indoors with your usual household members
- Being outdoors in your yard with usual household members
- Cleaning up winter debris from your yard and other lawn care/gardening
- Going for a walk or bike ride in the neighborhood, keeping a distance of at least 6 feet from neighbors you encounter
- One household member (when possible) going on infrequent and brief trips to the grocery store
- One household member (when possible) picking up dinner from a local restaurant

### What STAYING HOME does NOT look like:

- Inviting friends over for a play date or to play video games
- Inviting neighbors over for a back yard barbeque
- Gathering to play a contact sport or one with shared equipment, such as basketball
- Hosting a small dinner party with extended family, even if the limit is fewer than 10 persons

We are in the early stages of this pandemic, and yet our local resources are becoming exhausted.

**It is not time to panic. It is time to act.** The more strictly we adhere to these guidelines now, the sooner we can resume our normal schedules.

It is important that each person and household evaluate how each can contribute to the solution.

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