



POTTAWATTAMIE COUNTY
PUBLIC HEALTH

FOR IMMEDIATE RELEASE

APRIL 14, 2020

NEW COVID-19 CASES IN POTTAWATTAMIE COUNTY

On Tuesday, April 14, Pottawattamie County Public Health reported another positive COVID-19 case in Pottawattamie County. The total number of COVID-19 cases for Pottawattamie County is now fourteen, ten of which have recovered.

Pottawattamie County's fourteenth case is a male between 41-60 years old and a resident of Council Bluffs. He was tested on April 6 and is currently self-isolating at home. This individual does not have pre-existing medical conditions, has not traveled out of state, and did not have contact with an existing case. Pottawattamie County Public Health is conducting a contact tracing investigation and is in touch with the Iowa Department of Public Health.

According to [HealthData.org](https://www.healthdata.org), COVID-19 is projected to peak in Iowa around May 5. The Health Department is emphasizing the importance of continued social distancing, hand washing, and disinfecting surfaces.

The best way to protect yourself and others from COVID-19 is to stay at home as much as possible. Only leave home for essential reasons. Do not visit big box stores except for essential grocery and pharmaceutical needs. If you must leave home, practice social distancing, and stay at least six feet away from others. Implement excellent hygiene and disinfectant practices. Wash hands and disinfect frequently touched surfaces multiple times per day. Isolate if you are sick.

If you are struggling with mental health, YourLifeIowa.org has several resources including a hotline at 855-581-8111 and a text-friendly line at 855-895-8398. Additionally, the Hope 4 Iowa Crisis Hotline (844-673-4469) connects individuals in crisis to a helping hand as well as several resources to address and improve mental wellness.

If you have COVID-19 symptoms or develop symptoms (fever, cough, shortness of breath), contact your healthcare provider before going to the doctor's office or an emergency room.

COVID-19 Resources:

[Pottawattamie County EMA COVID-19](#)

[Iowa Department of Public Health](#)

[Center for Disease Control and Prevention](#)

COVID-19 Hotlines:

Iowa COVID-19 Hotline: 2-1-1 or 1-800-244-7431

Pottawattamie County Emergency Management Agency COVID-19 Hotline: 712-890-5368 or 712-890-5369

Hope 4 Iowa Crisis Hotline: 844-673-4469

Your Life Iowa - Every Day Life Support: Call 855-581-8111 or Text 855-895-8398 or visit www.yourlifeiowa.org

Methodist Health System Hotline and Screening Tool: 402-815-SICK (7425).

CHI Health Hotline: Visit www.chihealth.com for information

Media Contact: Ashley Kruse, Communications Officer, City of Council Bluffs, 712-318-9000