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December 23, 2022

For Immediate Release

DuPage County Moves Back into “High” COVID-19 Community Level

DuPage County – Based on recent data from the Centers for Disease Control and Prevention (CDC), DuPage County is back into “High” COVID-19 Community Level. This means there is a high potential for healthcare system strain and higher levels of severe illness in the community.

Per CDC’s [COVID Data Tracker](#), as of December 21, 2022, DuPage County is reporting 203.81 new COVID-19 cases per 100,000 residents and 13.4 new COVID-19 hospitalizations per 100,000 residents in the last 7 days.

Hospitalizations associated with COVID-19 illness in DuPage County have been rising in recent weeks and are at the highest level since January 2022. Residents can stay informed about COVID-19 activity at DCHD’s interactive [dashboard](#).

“With the holidays and winter upon us, that means more time spent indoors with children, family, and friends. said Karen Ayala, Executive Director of the DuPage County Health Department. “Enjoy this time and take at least one action so respiratory viruses such as COVID-19, influenza, and respiratory syncytial virus (RSV) aren’t on your holiday guest list. Whether that’s getting up-to-date with recommended vaccines, choosing to wear a high-quality mask in crowded indoor spaces, or improving ventilation at your next gathering, do something to protect yourself and those around you while respiratory illnesses are at high levels in our community.”

There are many ways your actions can help protect you, your household, and your community from severe illness. DCHD reminds everyone to stay healthy this winter and protect loved ones by utilizing these prevention measures:

- If you are sick in any way, please stay home and separate from others as much as possible.
 - Monitor your symptoms, and follow-up with your healthcare provider for testing, treatment, and care.
- Getting your flu vaccine.
- Getting your COVID-19 vaccine and staying [up to date](#) with recommended boosters.
- Avoiding close contact with anyone who is sick or has symptoms.

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Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

- Wearing a snug-fitting, high-quality mask that covers your nose and chin in indoor public places. KN95 or N95 masks provide more protection than cloth or surgical masks.
- Opening windows to improve airflow when weather permits or using high-efficiency particulate air (HEPA) cleaners.
- Covering coughs and sneezes with a tissue or your elbow.
- Avoiding touching your eyes, nose, and mouth.
- Washing your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cleaning and disinfecting high-touch surfaces, such as doorknobs, light switches, mobile devices, remotes, and countertops, daily.
- And taking care of yourself:
 - Take breaks to unwind.
 - Take care of your body and stay active.
 - Eat healthy foods and get enough sleep.

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