



**Public Health**  
Prevent. Promote. Protect.

Tuscarawas County Health Department

# Tuscarawas County Health Department's COVID-19 Weekly Report

April 17, 2020

## Contact Us

www.tchdnow.org  
director@tchdnow.org  
(330)343-5555 x112  
Facebook.com/tchdnow

## ODH Call Center

1-833-4-ASK-ODH  
Open Seven Days a Week  
From 9 a.m. to 8 p.m.

## Countries/Territories with 25,000 or more Cases of COVID-19\*

Belgium (34,809)  
Brazil (30,683)  
Canada (30,973)  
China (83,428)  
France (147,091)  
Germany (137,698)  
Iran (77,995)  
Italy (168,941)  
Netherlands (29,383)  
Russia (27,938)  
Spain (184,948)  
Switzerland (26,732)  
Turkey (74,193)  
United Kingdom (104,147)

**APART**  
- but never -  
**ALONE**

## Situation Numbers\*

### Globally\*

**1,991,562 confirmed cases of COVID-19; 130,885 deaths (6.6%)**

### United States\*

**632,548 confirmed cases of COVID-19; 31,071 deaths (4.9%)**

**States with more than 10,000 confirmed cases:** California (28,091); Connecticut (15,884); Florida (23,340); Georgia (16,386); Illinois (25,733); Louisiana (22,532); New Jersey (75,317); New York (223,691); Massachusetts (32,181); Maryland (10,784); Michigan (29,263); Pennsylvania (28,314); Texas (17,235); Washington (11,285);

### Ohio

**9,107 Total cases (8,858 confirmed, 249 probable)\*\* of COVID-19; 418 Total deaths (401 confirmed, 17 probable) (4.5%)**

Detailed Ohio information available at: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>

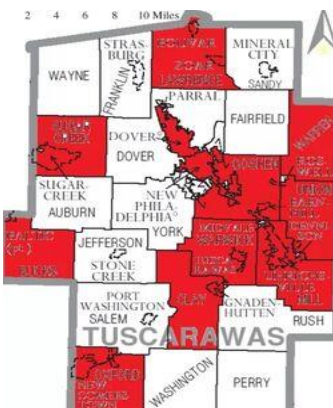
### Tuscarawas County (as of 1 pm on 04/17/2020):

**31 Total Cases (28 confirmed, 3 probable)\*\* of COVID-19; 0 deaths**

**Age Range (in years): 7 - 63; Median Age (in years): 45;**

**Symptom onset range: February 25-April 15; Current hospitalizations: 1**

**Recoveries: 18**



Townships (TWP) in red depict those with confirmed cases. Please note that all confirmed cases are quarantined until they are no longer able to pass on the virus. It is also important to note that the township in which the cases reside is NOT necessarily the township in which the virus was contracted. As of 5pm on April 13, 2020, there are positive COVID-19 cases in the following townships: Bucks; Clay; Dover; Lawrence; New Philadelphia; Goshen; Uhrichsville; Mill; Oxford; Sugarcreek; Warren; Warwick.

Please note: TCHD will not be sharing information about individuals under public health supervision or under voluntary quarantine for COVID-19 in our County. These individuals are not showing any symptoms and are not under investigation. As is our normal practice when we monitor situations of infectious disease in the community, information will be shared as is necessary to protect the public while respecting individual privacy.

\*As of April 16, 2020

\*\* Confirmed: Laboratory test taken to confirm individual is positive with COVID-19, Probable: Infected individual meets criteria for being positive, but did not have laboratory test to confirm.

We understand that this is a stressful time for everyone. Fear and anxiety about your own health or the health of your loved ones, changes in daily routines, financial losses, and not being able to be physically close to your support system can take a toll. Signs of unmanaged stress may include changes in sleep and/or eating patterns, difficulty sleeping or concentrating, worsening of chronic health and/or mental health problems, and increased use of tobacco, alcohol, or other drugs.

Please remember to make time to take care of yourself by practicing stress relieving activities and asking for help when you need it!

### Do you need help?

The Tuscarawas County United Way's 211 Helpline can link you to necessary resources including food, healthcare, utilities, housing, transportation, jobs, mental health services, substance abuse services, and many more.

211 is free, accessible 24/7/365, and completely confidential.

To get the help you need:

- Dial 211
- Call 330-491-9997
- Visit [211tuscarawas.org](http://211tuscarawas.org)

If you or someone you know is experiencing a mental health crisis, feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 330-343-1811
- Call 1-800-985-5990
- Text TalkWithUs to 66746
- Call 911

## 12 SIMPLE HABITS TO RELIEVE STRESS

(backed by science)

**DO STUFF THAT FEELS GOOD**

 <b>GO ON DIGITAL + SMARTPHONE DETOX</b> Heavy internet users are 5x more likely to suffer from depression	 <b>READ A BOOK INSTEAD</b> Stress declines by 68% after reading for just 5 minutes	 <b>OR ENGAGE IN A CREATIVE ACTIVITY</b> 45 min of creative activity lessens stress in the body
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**BUILD UP HEALTHY HABITS**

 <b>EAT FOODS THAT REDUCE STRESS</b> Avocado, lemon, dark chocolate, oatmeal, almonds	 <b>BUT EXERCISE EVERY DAY</b> It takes 5 min of moderate exercise to get mood enhancement	 <b>AND GET YOUR SLEEP BACK IN CONTROL</b> REM sleep (when you dream) decreases levels of stress hormones
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**RESTORE MINDFULLY**

 <b>FOCUS ON YOUR SENSES A FEW MINS/DAY</b> There's a strong correlation between positive mood and breath counting	 <b>OR SPEND TIME OUTSIDE</b> Studies on "Forest bathing" show it decreases levels of anxiety	 <b>AND TAKE MORE BATHS</b> Being horizontal in water mimics the womb conditions & improves mood and optimism
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**LET HORMONES GO CRAZY**

 <b>DANCE LIKE NO ONE'S WATCHING</b> Partner dance & musical accompaniment release endorphines & promote stress relief	 <b>LAUGH YOUR HEAD OFF</b> Laughter releases hormones known to reduce stress, boost immunity & strengthen social relations	 <b>PET YOUR PET</b> It increases levels of stress-reducing hormone oxytocin and decreases stress hormone cortisol
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Coralie Sawruk

## Tuscarawas County Health Department's Current Situational Goal:

Continue to provide timely and accurate information to the public and stakeholders while protecting patient confidentiality and minimize the spread of the virus through contact tracing, notification, and tracking.