

## May 11: COVID-19 Clinical Update

### The Plan to Reopen Illinois

*This daily communication is intended to facilitate the sharing of important clinical information during the COVID-19 healthcare crisis and to help respond to questions from physicians across Northwestern Medicine.*

Today's issue provides information about the phased approach to safely reopen Illinois by region, provided by the Office of the Governor.

#### **PUBLIC HEALTH APPROACH TO SAFELY REOPEN ILLINOIS**

The stay-at-home order in place through the end of this month has lowered infection rates, reduced hospitalizations and decreased fatalities, effectively bending the curve. However, the risk of new infections remains, and modeling indicates a potential surge in new cases if all mitigation measures are immediately lifted.

To restart the Illinois economy, Gov. J.B. Pritzker has released a five-phased plan to reopen the state, guided by health metrics and with distinct business, education and recreation activities characterizing each phase. The Illinois Department of Public Health (IDPH) has 11 Emergency Medical Services Regions that have traditionally guided statewide public health work and will continue to inform this reopening plan. From those 11, four health regions have been established, each with the ability to independently move through the phases: Northeast, North-Central, Central and Southern.

#### **Five-Phased Plan to Reopen Illinois**

| Rapid Spread   | Flattening ★<br>(We are here)  | Recovery   | Revitalization  | Illinois Restored   |
|--|--|--|---|---|
| <ul style="list-style-type: none"> <li>• Strict stay-at-home and physical distancing guidelines statewide</li> <li>• Only essential businesses are open</li> <li>• Restaurants are open for pickup and delivery</li> </ul> | <ul style="list-style-type: none"> <li>• Non-essential stores reopen for curbside pickup and delivery</li> <li>• Residents are directed to wear a face covering in public</li> <li>• Some outdoor activities reopen</li> </ul> | <ul style="list-style-type: none"> <li>• Manufacturing, offices, retail, salons reopen with capacity limits</li> <li>• Gatherings of fewer than 10 are allowed</li> <li>• Physical distancing and face coverings are the norm</li> <li>• All healthcare providers are</li> </ul> | <ul style="list-style-type: none"> <li>• Restaurants and bars reopen</li> <li>• Gatherings of fewer than 50 are allowed</li> <li>• Travel resumes</li> <li>• Child care and schools reopen under IDPH guidance</li> </ul> | <ul style="list-style-type: none"> <li>• Economy fully reopens with safety precautions continuing</li> <li>• Conventions, festivals and large events are permitted</li> <li>• All businesses, schools and recreation facilities open</li> </ul> |

|   |  |   |   |   |
|---|--|---|---|---|
| <ul style="list-style-type: none"> <li>Emergency procedures and COVID-19 care only</li> </ul>   | <ul style="list-style-type: none"> <li>Personal care services and health clubs remain closed</li> <li>Elective procedures allowed</li> </ul>   | open with IDPH-approved safety guidance   | <ul style="list-style-type: none"> <li>All healthcare providers are open</li> </ul>   | with new safety guidelines  |
| <b>Requirements to move to the next phase</b>   |  |   |   |   |
| <ul style="list-style-type: none"> <li>Slowing of new case growth</li> <li>Available surge capacity of ICU beds, med/surg beds and ventilators</li> <li>Perform 10,000 tests per day statewide</li> </ul> | <ul style="list-style-type: none"> <li>20% or below positivity rate <b>and</b></li> <li>Available surge capacity of at least 14% of ICU beds, med/surg beds and ventilators <b>and</b></li> <li>No overall increase in admissions for COVID-19-like symptoms for 28 days</li> <li>Testing available for all patients, front-line workers, staff and residents of care facilities</li> <li>Begin contact tracing</li> </ul> | <ul style="list-style-type: none"> <li>Previous criteria, plus testing available to all, regardless of symptoms or risk factors</li> <li>Contact tracing and monitoring within 24 hours of diagnosis for at least 90% of cases</li> </ul> | <ul style="list-style-type: none"> <li>Vaccine, effective and widely available treatment, or elimination of new cases over a sustained period through herd immunity or other factors</li> </ul> | <ul style="list-style-type: none"> <li>Public health experts focus on lessons learned and building public health infrastructure to prepare for future challenges</li> </ul> |

As of May 10, Illinois has 25% ICU beds and 61% ventilators available, and 3.37% of 12.7 million residents have been tested so far, according to IDPH. Illinois has 77,741 cumulative confirmed COVID-19 cases and 3,406 deaths.

Beginning today, Northwestern Medicine is resuming elective surgeries and procedures, and we have begun to thoughtfully plan for how to provide safe care to patients whose healthcare was postponed. As part of this plan, we will reserve the required capacity for a potential surge in patients testing positive for SARS-CoV-2.

IDPH will closely monitor key metrics to immediately identify trends in cases and hospitalizations to determine whether a return to a prior phase may become necessary, based on the following factors:

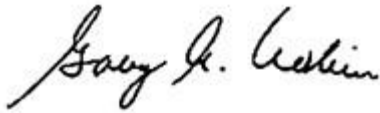
- Sustained rise in positivity rate
- Sustained increase in hospital admissions for COVID-19-like illness
- Reduction in hospital capacity threatening surge capabilities

- Significant outbreak in the region that threatens the health of the region

View the [Restore Illinois report](#) for a map and more details.

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Thank you to all NM physicians and clinicians for your ongoing collaboration and dedication to providing exceptional care during this unprecedented crisis. If you have questions or would like to share the story of an NM hero, please email us at [covid-19md@nm.org](mailto:covid-19md@nm.org).

A handwritten signature in black ink that reads "Gary A. Noskin". The signature is written in a cursive, flowing style.

**Gary A. Noskin, MD**  
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