



## Shawano-Menominee Counties Health Department

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## COVID19 NEWS FOR SHAWANO COUNTY March 13, 2020

### WHAT WE KNOW

Governor Tony Evers declared a public health emergency in Wisconsin which allows the Department of Health Services to use all resources necessary to respond to and contain the spread of COVID-19. At this time, we are not aware of any COVID-19 cases in Shawano or Menominee Counties or Tribes. However, we know the number of cases in Wisconsin is rising and there continue to be other respiratory illnesses circulating in our area, such as influenza.

### WHAT WE'RE DOING

We have updated our plans and are coordinating with health care providers and other partner agencies to quickly identify and test anyone who may be infected to ensure they receive the right level of care, and are isolated to prevent any additional transmission. The Shawano-Menominee Counties Health Department wants you to know that we continue to monitor this quickly changing situation and will keep you updated with new recommendations.

### WHAT YOU CAN DO

- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol based sanitizer with at least 60% alcohol.
- Avoid touching your face.
- Watch for symptoms of COVID-19 which include, fever over 100.4.
- People who are mildly ill should stay home and avoid contact with others. Continue to watch for worsening symptoms, then call your health care provider before going in to a medical clinic or hospital. ***If you need emergency medical attention at any time, call 911 and notify them of any travel or exposure to a sick person.***
- *Individuals over the age of 65 and with other medical conditions may be at higher risk for severe illness.* Even if you are not at high risk, you may transmit the illness to someone who is high risk.
- Wipe down frequently touched surfaces with a disinfectant.

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- Social Distancing
  - Keep distance (of about 6 feet) from others and avoid those who are sick. Explore options to work from home if it could be possible.
  - Stay home from work or school if you are sick.
  - Limit in-person meetings and/or use virtual methods such as teleconference or web meeting as much as possible.
  - Limit the non-essential people you invite to your office or meetings.
- Consider postponing or cancelling large community events and mass gatherings.
  - Any mass gatherings with more than 250 people attending should be cancelled.
  - Additional recommendations may come forward on this soon
- Avoid unnecessary visits to long term care facilities
  - Some facilities have already banned visitation
  - Additional guidance on this will be coming out soon
- Consider the domestic and international travel recommendations below:
  - Avoid nonessential international and domestic travel, especially if you are an older adult or have underlying health issues.
  - Consider postponing or cancelling any work related travel.
  - Before or after any work or personal travel, notify your supervisor.
  - After any travel, we **strongly** recommend you complete a **self-quarantine of 14 days**. See recommendations below and attached for how to complete a self-quarantine.
  - You cannot receive testing to return to work early.

For your additional information, here are links to trustworthy sources for information about COVID-19.

- **Centers for Disease Control and Prevention:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Wisconsin Dept. of Health Services:** <https://www.dhs.wisconsin.gov/outbreaks/index.htm>
- **World Health Organization:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

# Recommendations for 14 Day Self Quarantine

## **SOME DEFINITIONS TO NOTE:**

Sometimes these terms are used interchangeably, so sometimes, they get confused.

**Quarantine** is done for individuals that may have been exposed to someone ill but may not be currently experiencing any symptoms. Occasionally people without any symptoms can transmit illness.

**Isolation** is done for individuals who are sick and experiencing symptoms. Isolation may last longer than 14 days depending on severity of the illness.

## **How do I self-quarantine myself?**

Follow these instructions for 14 days after you have traveled or had a potential exposure to a confirmed case.

- Stay home. This means do not go to school, work, public areas, or attend large gatherings, such as parties, weddings, meetings, and sporting events. If you need medical care, call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms and that you traveled to an area of the world that has a COVID-19 outbreak.
- Do not use public transportation, ride-sharing, or taxis.
- Do not go out to restaurants or have guests over to your house.
- Postpone any travel. If travel is absolutely necessary, you must contact your local health department first for instructions. Please know, if you choose to travel and become ill while you are away, you may not be able to return home using public transport (for example, air travel) until you are well and released from possible isolation by the local public health department.
- Wash your hands often and practice good hygiene.
- Postpone all non-essential medical appointments (for example, dental cleaning, eye exam, routine check-up) until you are out of quarantine. If you have an essential appointment during the quarantine, please call your provider ahead of time and tell them that you traveled or have been exposed to a confirmed case. Your local health department may also be able to help you.
- If you need medical care, call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms and that you traveled to an area of the world experiencing a COVID-19 outbreak.
- Consider minimizing contact with people and animals in your home (stay in your own room and, if possible, use your own bathroom). Avoid sharing personal household items such as dishes, towels, and bedding.

## How do I monitor myself for symptoms of COVID-19?

For the 14 days after travelling or exposure, you should monitor yourself (watch yourself) for symptoms.

Self-monitoring instructions:

- If possible, take your temperature twice a day with a thermometer. A fever is typically a temperature of 100.4°F or greater. If you do not have a thermometer, symptoms of fever may include feeling unusually hot for no reason, having chills or having the sweats.
- Watch for fever, cough, or trouble breathing.

## What should I do if I get a fever, cough, or am having trouble breathing, or need medical care?

- Call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms and that you traveled to an area of the world experiencing a COVID-19 outbreak.
- Do not use public transportation, ride-sharing, or taxis.
- If you have a facemask, wear it if you need to be around other people.
- Cover your mouth and nose with a tissue when you cough and sneeze.

***If you need emergency medical attention at any time during the 14 days, call 911 and let them know that you traveled or were exposed to someone with COVID-19.***

**This is an informational sheet is labeled for self-isolation and self-monitoring. This may be used to track for any symptoms or fever while you are in self-quarantine.**

<https://www.dhs.wisconsin.gov/publications/p02599.pdf>