

COVID-19: A Global Pandemic

Updated April 7, 2020 at 8:40 a.m.

Social distancing—the practice of keeping at least 6 feet apart from others and avoiding direct physical contact—is proving the only effective means of slowing the rate of infection. (<https://www.dhs.wisconsin.gov/covid-19/prepare.htm>)

YOU ARE SAFER AT HOME.

Not following guidelines undermines the sacrifices our community is making.

Bold and underlined items are links to quality websites and key resources for you and your family.

Social distancing is the physical space between you and another person. Keep a 6 foot distance between you and other people.

Protect Yourself by:

- Wash your hands regularly for at least 20 seconds.
- Cover your nose and mouth when you cough or sneeze.
- Keep a personal radius of six feet around yourself.
- Regularly [clean and disinfect](#) commonly used surfaces and objects.
- Avoid people who are sick.

NEW 4-3-2020: The CDC now offers guidance on the [use of cloth face coverings](#) to help slow the spread of disease. This [handout](#) shows how to wear one and offers 3 patterns to make cloth face coverings. Aquí esta [informacion en Espanol](#). A [handout](#) in Espanol.

Reminder: If you traveled anywhere outside of your local community in the past 14 days, the Department of Health Services asks that you stay home (self-quarantine) and monitor yourself (self-monitor) for symptoms for 14 days after you've returned. If you were able to practice social distancing during the entire time you were away, you should still monitor your symptoms and practice social distancing.

- Self-Quarantine-Stay home. It is important that you avoid contact with others to avoid spreading the infection to others.
- Self-Monitor-Monitor your symptoms. Check your temperature twice daily, and write down any symptoms you have. If you develop [symptoms of COVID-19](#) like fever, cough, shortness of breath or others and need medical care, call your doctor.

COVID-19 resources on [YouTube](#) in American Sign Language, ASL from the Centers for Disease Control and Prevention (CDC).

[Resilient Wisconsin](#) is a new webpage designed to help Wisconsinites stay connected, strong and thriving. It provides tools and resources for building resilience in all parts of your life, including resources to help you recognize and deal with stress, invest in self-care, stay connected and care for others during this pandemic.

For your mental health:

Take a break from watching/listening to the media. Find ways to relax and decompress. The volume of media coverage may cause people to feel anxious and stressed; children too. Try to enjoy some time outdoors, in the sunshine, and maybe even try meditation or mindfulness exercises. Our world is enduring unprecedented challenges. Embrace finding ways to have a peaceful moment with your family, while keeping the 6 foot social distancing.

Children thrive with structure and daily routines. Consider a written schedule similar to the routine you followed prior to the limitations imparted due to COVID-19. Set aside specific time for reading, school work, physical activities, and so on. Continue talking within your family about expectations. Discuss what social distancing means and how to implement this. Frank discussions about your expectations help limit risk taking behaviors.

This [resource](#) can support a parent in talking with children about what the COVID-19 situation means. This one is targeted to [helping your children cope](#) with the situation. **New 4-7-2020:** Building [resiliency](#) and providing a supportive relationship between children and trusted adults/parents are key to managing in this uncertainty.

A [video](#) for children to explain coronavirus and the current situation.

Non-Medical Questions: TEXT COVID19 to 211-211 or Call 211 or Visit 211 Wisconsin.org (Assistance with finding food - paying for housing bills - accessing free childcare - other essential services)

[Children and Coronavirus Disease 2019 \(COVID-19\).](#)

The Wisconsin Department of Health Services will keep updates at this [website](#). Links to resources are also included here.

[Symptoms of COVID-19.](#)

Key Messages

- If you are experiencing signs and symptoms of COVID-19, please call your health care provider
- **You are safer at home.**

- We all need to work together and stay home. This will help us flatten the curve and protect the capacity of the health care system to serve those who will suffer with the most severe disease from COVID-19. Keeping our health care system from becoming overwhelmed so it can care for us during this pandemic is our number one priority.
- The only tool we have to stem the tide of COVID-19 is physical separation from each other. We have to stop this virus from spreading further.
- The COVID-19 pandemic, and the resulting changes to our lifestyles, can make anyone anxious or even depressed. Do not hesitate to ask for help if you're feeling overwhelmed. Call 800-985-5990 to speak to a trained crisis counselor or text TalkWithUS to 66747.
- While you may not be able to be in the same room with your support system, you can still call or video chat with them.
- Younger people, and particularly those who are 18 to 30 years old, aren't immune to COVID-19. Anyone can contract COVID-19. So it's important for everyone, including young and healthy people, to practice social distancing.
- Together we can make a difference in the fight against COVID-19.
 - Stay home if you can and especially if you are sick.
 - Wash your hands frequently and thoroughly.
 - Practice social distancing. Please keep six feet between people and avoid direct physical contact

The Centers for Disease Control and Prevention (CDC) believes that symptoms of COVID-19 may appear in as few as two days or as long as 14 days after contact with someone who has COVID-19. If you have been to an affected geographic area within the past two weeks and develop symptoms, call your doctor.

Personal protective equipment (PPE): Learning to put on and take off personal protective equipment, such as gloves, face masks and facial covers are as important as using one. Here is a [video on the proper use](#) of PPE. This is a handout [How to don \(put on\), use and doff \(remove\) ppe](#).

[Travel advisory](#) updates are located here. Please check here before and after you travel. Governor Evers executive orders are located [here](#).

The Wisconsin Department of Health Services updates its information on the state's investigation of COVID-19 Monday through Friday at 2:00 p.m.

[Columbia County COVID-19](#) webpage. [Situation Update-4-6-2020](#)

[Marquette County COVID-19](#) webpage. [Press Release-3-30-2020](#) (No change as of 4-6-20.)