

## COVID 19 Updates from the North Shore Health Department March 5<sup>th</sup>, 2020

The Centers for Disease Control and Prevention (CDC), the Wisconsin Department of Health Services (WI DHS) and the North Shore Health Department (NSHD), along with other local health departments are responding to an outbreak of respiratory disease caused by a novel corona virus, COVID-19. First detected in Wuhan, China, the disease has spread to other countries throughout the world, including cases in the United States. CDC travel recommendations and risk management procedures are changing rapidly. For the most current information on the COVID-19, please visit the [CDC's website on COVID-19](#) or [WI DHS's website on COVID-19 website](#).

**The risk of getting COVID-19 remains low for Wisconsin residents.** Wisconsin currently has reported one case of the disease. Those most at-risk will have recently traveled to an affected county or have been in contact with someone with COVID-19.

**The signs and symptoms for COVID-19 are similar to seasonal influenza or the flu.** For most people, it is experienced as mild to severe respiratory symptoms including a dry cough, fever, shortness of breath.

**There are steps to take to keep yourself and others healthy for both COVID-19 and other respiratory diseases.**

- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick. Keep children home from school if they are sick. Children should be free from fever without use of fever-reducing medications for 24 hours before returning to school.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**The CDC recently updated guidance for travelers returning from affected areas.** If you have recently returned or plan to return from travel to China, Iran, Italy, South Korea, and Japan please contact the North Shore Health Department at 414-371-2980 for guidelines on self-quarantine and self-monitoring upon your return to the U.S.

**NSHD is providing local public health support through a variety of channels:**

- **Surveillance:** We are monitoring cases through multiple websites including WI DHS, CDC and Johns Hopkins.
- **Investigations:** We will respond to notifications for potential cases in the North Shore and initiate contact investigations with confirmed cases.
- **Containment:** NSHD uses federal and state guidelines to assess risk of exposure to COVID-19 and determine need for quarantine and monitoring.
- **Communication:** For the most current information on the COVID-19, please visit the [CDC's website on COVID-19](#) or [WI DHS's website on COVID-19 website](#).

Additional information about COVID-19 is on our website at [www.nshealthdept.org](http://www.nshealthdept.org). If you are concerned about your risk of getting COVID-19 or have recently traveled to an affected area, please contact the North Shore Health Department at 414-371-2980.