

## COVID 19 Updates from the North Shore Health Department March 9<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 coronavirus, 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.** As of March 9<sup>th</sup>, 2020, Wisconsin reports two cases 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, or shortness of breath.

**Steps you can 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.
- Avoid shaking hands.
- Disinfect commonly used surfaces often (door knobs, light switches, phones)

**The CDC recently updated guidance for travelers returning from affected areas.** Key points include:

- Avoiding all non-essential travel to countries with Level 3 Travel Health Notice, which currently include China, Iran, Italy, and South Korea. Keep in mind this may change. To view up to date information visit Coronavirus Information for Travel at [www.cdc.gov](http://www.cdc.gov).
- Avoiding contact with sick people and washing your hands often during travel.

**North Shore Health Department is providing support:**

- Anyone traveling from China will be monitored by the NSHD for 14 days following their return. This information will be provided to the NSHD by Wisconsin DHS.
- Anyone traveling from another Level 3 country is asked to 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.
- If you traveled to another country or in the United States recently and have concerns about your exposure to COVID-19, please contact NSHD or your healthcare provider to discuss your risk of exposure.

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.