



Vilas County Public Health Department

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What you Need to Know about COVID-19 (Coronavirus Disease 2019)

As the COVID-19 situation across the country unfolds, the staff of the Vilas County Public Health Department has been working with community partners and the WI Department of Health Services to prepare for the possibility of illness in our own community.

Currently, there are no cases in Vilas County. However, we all know that the situation is evolving and changing on a daily basis. As more people across the country become ill, there may be someone who becomes ill with COVID-19 in our community. If that happens, the Health Department would be closely monitoring anyone who is ill, tracing, and notifying any close contacts. We would also continue to work with our community partners to prevent further spread.

As we have seen over the past weeks, the majority of people who do become ill with COVID-19 go on to recover without further complications. However, the illness can be more serious in older adults and those who have other underlying health conditions.

At this point in time, there are simple things that you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially before eating and after going to the bathroom, blowing your nose, coughing, or sneezing.
- If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever

- Cough
- Shortness of breath

Contact your healthcare provider if you develop symptoms **AND** have been in close contact with a person known to have COVID-19 **or** live in **or** have recently traveled from an area with ongoing spread of COVID-19. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

To stay up-to-date, please visit the CDC and WI Department of Health Services websites. The Health Department also regularly posts on their Facebook page as well as their webpage: <https://health.vilascountywi.gov/>

Thank you for doing your part to keep our community healthy.

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