COVID-19

The Vernon County Health Department wants you to be aware of how to prevent getting sick from COVID-19.

*COVID-19 is an illness that is making people all over the world very sick with a flu like symptoms.

*This illness is making people so sick that they are dying as a result.

*This is a VERY serious situation! As of 4-1-20 the total number of deaths from this illness nationwide is 5316. In Wisconsin the total number of deaths is at 24.

*It is estimated that 100,000-240,000 people will die in the United States from this illness.

WHAT YOU NEED TO KNOW

ABOUT THE ILLNESS

- Symptoms can range from very mild to very serious. Some people may not even know that they are ill, but they still could give the illness to someone else.
- It is VERY easily spread from person to person. Coughing and sneezing can transmit the virus in the air. Touching surfaces that an infected person has touched allows the virus to be spread to you.
- It is affecting people of all ages. Even young healthy people are dying from this illness.

WHAT SHOULD I DO IF I THINK SOMEONE IN MY HOME HAS THE ILLNESS?

- Stay home! It can take up to 14 days for someone to get sick after they have been exposed.
- If someone in your family is sick they should stay away from healthy family members as much as possible in a specific room away from others.
- Your local health care providers will have numbers to call should you have questions if you become ill. If you become ill with severe symptoms, such as shortness of breath, cough or high fever you should seek emergency treatment.

HOW DO I KEEP MYSELF AND MY FAMILY SAFE?

- Stay home as much as possible. Do not travel if it is not absolutely necessary. Stay 6 feet away from people who are not immediate family members.
- Clean household surfaces often, especially ones that are frequently touched. Wash your hands often with soap and water.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, eating utensils or towels with other people in your home. After using these items, they should be washed with soap and water.
- Avoid touching your face. Germs can get in through your eyes, nose and mouth and spread quickly throughout your body.

QUESTIONS?
YOU CAN REACH A NURSE AT THE VERNON COUNTY HEALTH DEPARTMENT 608-637-5292 OR 608-637-5251.