

# COVID-19 Information

March 19, 2020

Although we have confirmed COVID-19 in Sauk County, **it is very likely that there are other people in our community with the illness who have not been diagnosed, and may not be tested.**



**The vast majority of people who have COVID-19 will get better on their own at home.** It is vital that everyone practices preventive measures to avoid getting sick or spreading the virus. **These measures include:**

- Frequent and thorough hand-washing with soap and water
- Cover coughs and sneezes
- Avoid touching your face
- Stay home when sick
- Practice social distancing (at least 6 feet away from other people)
- Avoid large public gatherings and crowds
- Clean and disinfect all frequently-touch surfaces
- Defer all non-essential travel

**If you have been in contact with someone with suspected or confirmed COVID-19:**

1. To protect yourself, your family, and your community, you should practice self-quarantine by staying at home
2. Monitor yourself for symptoms for 14 days
  - a. Symptoms can include Fever/Chills, Cough, Shortness of Breath, Headache, Muscle Aches, Fatigue, Sore Throat, Loss of Taste/Smell, Runny Nose, Nausea
3. Maintain social distancing (6 feet from other people)

**If you have or develop symptoms:**

1. Contact your healthcare provider to ask for advice about testing and other needed medical care
2. Monitor your symptoms
3. Isolate yourself at home
4. Maintain social distancing within your home of at least 6 feet between people

**Before you stop self-isolation if you have been sick:**

1. You must not have had a fever for for 72 hours (without the aid of medication), **AND**
2. Your other symptoms have improved, **AND**
3. Ten (10) days have passed since your symptoms first appeared

This is a rapidly evolving situation. For the latest information about COVID-19 in Sauk County, visit: <https://www.co.sauk.wi.us/publichealth/coronavirus>.