

From the Marquette County Health Department...

# COVID-19 (Coronavirus) Update and Resources

COVID-19 (Coronavirus) is a concern for everyone. The Marquette County Health Department is closely monitoring the COVID-19 situation and working closely with the Wisconsin Department of Health Services for continued guidance and support. At the time of printing for this update (April 8, 2020 8:00am), Marquette County is at 85 negative tests, 2 confirmed positives, with one of those cases having recovered and released from quarantine.

Sharing the facts about COVID-19 and understanding the risk to yourself and people you care about can make an outbreak less stressful. While rumors and misinformation is spread very easily right now, please try to not make assumptions about information you might hear from unreliable communication channels. Look to the following places for trusted information:

[www.co.marquette.wi.us](http://www.co.marquette.wi.us)— “COVID-19 Updates and Resources”

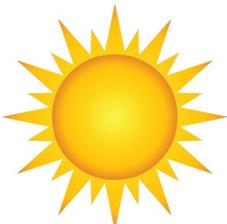
**Marquette County Government Facebook page**

[www.dhs.wisconsin.gov/covid-19](http://www.dhs.wisconsin.gov/covid-19)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

If you do not have access to social media or the internet, share these with a family member or friend that can pass the information onto you.

It is still safe to go OUTSIDE. It's still important to stay as active as you can, for physical well-being and mental health. Get fresh air, clear your mind, and boost your immune



To help protect yourself, restrict or limit visitors to your home. If someone is bringing you essentials, try to have them leave your supplies outside the door for you.



**DID YOU KNOW?** If you need help getting groceries, Westfield SuperValu is now offering grocery delivery and curbside grocery pick up!

They deliver groceries on Tuesday and Thursday between 10am-3pm. Call and place your order from 8am-10am (608-296-2128) and they will shop for you. Minimum order of \$25. Pay by cash, check or credit card. No delivery charges. Delivery to Westfield, Oxford, Coloma, and the City of Montello.

Curbside Grocery Pickup is available every day. Please place your order by 10am. Call 608-296-2128

## Physical (social) Distancing Doesn't Mean Social Isolation

- Since you can't physically meet in person, it would be a great time for a long phone call or to bring back the lost art of writing a letter to mail
- Develop a new hobby or pick up a forgotten one— knitting, painting, a novel you have been meaning to finish
  - Learning something new—Watch an educational documentary or try a new recipe

## ***Should I wear a face mask?***

Last week, the CDC updated its guidance to promote the use of cloth face masks by the general public. These face coverings are recommended for use in public settings where it is difficult to maintain physical distance of at least six (6) feet from others. Cloth face coverings are intended to help keep people who may have the virus, but don't know they are infected, from spreading it to others. So, this protects others, not you! **Cloth face coverings are not a substitute for physical distancing, hand washing, and other good hygiene practices, which are still our best lines of defense against COVID-19.** Cloth face coverings should not be placed on young children under age two (2), anyone who has trouble breathing, is incapacitated, or otherwise unable to remove the mask without assistance.

**Please do not attempt** to purchase medical N95 or surgical masks. These are critical supplies that must be reserved for our healthcare workers and other medical first responders. You can find instructions and patterns for making your own homemade cloth face coverings on the CDC and Wisconsin DHS websites.

### **To wear a mask, keep these things in mind:**

- Before putting on a mask, clean your hands with soap and water or an alcohol-based hand sanitizer.
- Make sure your mask covers your mouth and nose with no gaps between your face and the mask.
- Do not touch your mask while wearing it; if you do, clean your hands with soap and water or an alcohol-based hand sanitizer.
- Replace the mask with a new one as soon as it is damp.
- Always wear your cloth reusable mask with the same side facing outwards.
- When removing the mask, you should be careful not to touch your eyes, nose, and mouth and wash hands immediately after removing.
- Remember to wash your cloth face covering frequently, ideally after each use, or at least daily. If you must re-wear your cloth face mask before washing, wash your hands immediately after putting it back on and avoid touching your face.

*The Marquette County Health Department wants to remind you that the mask does not provide full protection. Therefore, continue to clean your hands frequently with soap and water or an alcohol-based hand sanitizer, continue to stay at least six (6) feet away from other people, and continue to follow physical distancing by avoiding crowds, staying at home as much as possible, and leave only for essential tasks (e.g. work, grocery shopping, medical appointments, getting medication).*

