

**FOR IMMEDIATE RELEASE  
MARCH 12, 2020**

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## **UPDATED RECOMMENDATIONS REGARDING RESPIRATORY ILLNESSES – March 13, 2020**

**Menominee, Shawano** — Media attention on the Coronavirus Disease 2019 (COVID-19) continues. Governor Tony Evers has declared a public health emergency in Wisconsin which allows the Department of Health Services to use all resources necessary to respond to and contain the spread of COVID-19. At this time, we are not aware of any COVID-19 cases within Shawano or Menominee Counties or Tribes.

The local public health agencies for Shawano and Menominee Counties and Tribes would like to provide an update on the recommendations for the public in order to help prevent spread of illness. Individuals over the age of 65 and with other medical conditions may be at higher risk for severe illness.

“People who are mildly ill should stay home and avoid contact with others,” said Vicki Dantoin, Shawano-Menominee Counties Health Officer. Continue to watch for worsening symptoms, then call your health care provider before going in to a medical clinic or hospital. *Anyone who needs emergency medical attention should call 911 and let them know if they have travelled or been exposed to a confirmed case of COVID19.*

Local public health would also like to review some more precautions that are recommended at this time to help keep the community safe.

- Cover your coughs and sneezes.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your face.
- Keep distance from others and avoid those who are sick.
- Stay home from work or school if you are sick.
- Wipe down frequently touched surfaces with a disinfectant.
- Postpone or cancel any large gatherings.
- Avoid attending unnecessary large gatherings.
- Avoid unnecessary visits to long term care facilities.
- Avoid unnecessary travel.
  - If you do have to travel, it is recommended to stay home in self-quarantine for 14 days after returning. On this page are some instructions for completing a self-quarantine.

<https://www.dhs.wisconsin.gov/disease/covid-19.htm>

The public health agencies of Shawano and Menominee want you to know that we continue to work with partners to quickly identify and test anyone who may be infected to ensure they receive the right level of care, and are isolated to prevent any additional transmission. We are also monitoring this situation and will keep you updated with changes to recommendations. Below are links to trustworthy sources for more information about COVID-19. Please reach out to your local public health agency with additional questions.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.dhs.wisconsin.gov/outbreaks/index.htm>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>