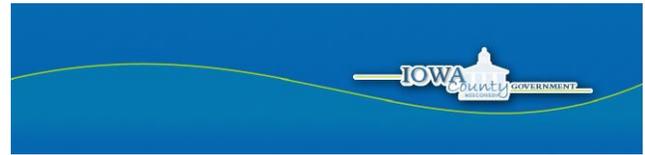


IOWA COUNTY HEALTH DEPARTMENT

303 W. Chapel Street
Suite 2200
Dodgeville, WI 53533-1314

Phone: (608) 930-9870
Fax: (608) 937-0501



www.iowacounty.org

For Immediate Release
March 19, 2020

Iowa County Health Department
Director/Health Officer Debbie Siegenthaler RN, MSN
COVID-19 Updates

Dodgeville, WI— March 19, 2020—Iowa County Public Health continues to manage local efforts collaborating with Iowa County Emergency Management, Upland Hills Health Hospital & Clinics, Local School Districts, Iowa County Public Safety Agencies, and other partners to plan, prepare and respond together as a community. As we continue efforts to limit and slow the spread of this disease, we are urging **all residents of Iowa County please help in our response**. We want to reinforce the importance of assisting in carrying out the latest recommendations to remain at home unless you need to leave for essential reasons. Taking these actions not only protects yourself, but those you love and the broader community. Sharing accurate information with neighbors, friends and co-workers, especially people who may have difficulty receiving or understanding the information is an important role you can play. Please continue to stay up-to-date on current case counts and recommendations by visiting the resources listed below.

Public Health urges residents to follow these recommendations:

- The best way to prevent COVID-19 is to prevent exposure by practicing social distancing and hand hygiene.
- Cover your coughs and sneezes using a tissue. Be sure to wash your hands with soap and water immediately afterwards and avoid touching your eyes, nose and mouth.
- Regularly clean frequently touched objects and surfaces.

- Cancel events and do not gather with others for things such as playdates. We encourage you to cancel non-essential appointments, and practice social distancing, even in small groups.
- **Please do NOT go to the emergency room unless essential.** Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems (even if you suspect COVID 19), isolate yourself and contact your regular medical provider first. Providers/Clinics are versed in the procedure for getting people tested if that is determined to be a need. At this time, individuals with mild symptoms are asked to PLEASE stay home and nurse your illness as you would if you had the flu or cold.
- If you must visit a provider, please avoid any unnecessary stops to limit exposure.
- 211 is available to answer questions regarding COVID 19, including local procedures for testing.

Important County-wide Announcements

- The Seniors United for Nutrition (SUN) program has closed all congregate meal sites, delivery and carryout options are available. All phone numbers and locations are listed under the ADRC, on the Iowa County website
- This pandemic of COVID 19 may be stressful for you. If you are experiencing stress and/or anxiety, Unified Community Services (Behavioral Health and Crisis Services) are available. The 24-hour crisis number is 1-800-362-5717.

For localized information, Please monitor the following Social Media sites:

Iowa County Public Health on Facebook - <https://www.facebook.com/iowacountyhealthdepartment/>

Upland Hills Health on Facebook - <https://www.facebook.com/UplandHillsHealthHospital/>

Iowa County Emergency Management on Twitter - <https://twitter.com/ICEMWI>

Iowa County Emergency Management on Facebook - <https://www.facebook.com/icemwi/>

Monitor the following websites:

Iowa County Health Department – <https://www.iowacounty.org/departments/HealthDepartment>

Upland Hills Health - <https://www.uplandhillshealth.org/patient-visitors/covid-19-novel-coronavirus-information/>

WI Department of Health Services (DHS) <https://www.dhs.wisconsin.gov/outbreaks/index.htm>

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>