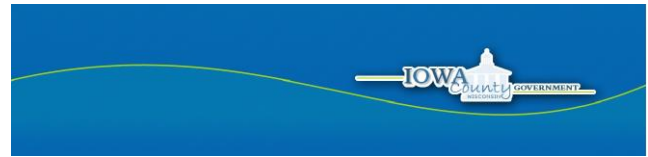


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www.iowacounty.org

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For Immediate Release

Iowa County Health Department

Director/Health Officer Debbie Siegenthaler RN, MSN

Key Messages Regarding Cloth Face Coverings

Iowa County – We appreciate the local efforts by so many to make cloth face masks and coverings. Guidance from the Wisconsin Department of Health Services reminds the public that our best defense against COVID-19 is washing our hands frequently; avoiding touching our eyes, nose and mouth with unwashed hands; avoiding being around sick people; and physically distancing by staying at home. Please note, cloth face covers are not a substitute for physical distancing and handwashing.

We want to ask our local community helpers who are making and donating homemade masks to please launder them in hot soapy water prior to distribution. A key message to persons accepting donated homemade cloth coverings is that they should launder the item in hot soapy water **PRIOR** to wearing. In addition, we ask everyone to review and reinforce key messages below.

When should I wear a cloth face cover?

- You should wear a cloth face cover when you are outside the home conducting essential activities such as going to work, to the grocery store, pharmacy, banking and enjoying outdoor activities while maintaining physical distancing.
- If you are sick (have a cough or are sneezing) or have seasonal allergies you need to wear a cloth face cover when around other people to protect them from your sneezes.

Wearing a cloth face cover may be beneficial as it may help to protect others from germs you may be spreading without knowing it. Using a cloth face cover is preferable because that allows more surgical masks and respirators to be used by health care providers and other first responders.

How effective are cloth face covers at preventing the spread of the virus?

- There is limited evidence to suggest that use of cloth face coverings by the public during a pandemic could help reduce disease transmission. Their primary role is to reduce the release of infectious particles into the air when someone speaks, coughs, or sneezes, including someone who has COVID-19 but feels well. Cloth face coverings are not a substitute for physical distancing and washing hands and staying home when ill, but they may be helpful when combined with these primary interventions.

How should I wear a cloth face covering?

To wear, keep these things in mind:

- **Important:** those donating homemade masks should launder them in hot soapy water prior to distribution. Persons accepting a donated homemade mask should launder it **PRIOR** to wearing.
- Before putting on a face cover, clean your hands with soap and water or an alcohol-based hand rub.
- Make sure it covers your mouth and nose with no gaps between your face and the face cover.

- Do not touch your face cover while wearing it; if you do, clean your hands with soap and water or an alcohol-based hand rub.
- Replace the face cover with a new one as soon as it is damp.
- Always wear your cloth reusable face cover with the same side facing outwards.

Keep in mind that a face cover does not provide full protection. Remember to continue to do the following:

- Clean your hands frequently with soap and water or an alcohol-based hand rub.
- Continue staying at least 6 feet away from other people.
- Continue following the recommendations for social distancing: avoid crowds, stay at home as much as possible, and just leave for essential tasks (e.g. work, grocery shopping, going to the doctor, getting medications).

How should I clean my cloth face cover? It's a good idea to wash your cloth face covering frequently, ideally after each use, or at least daily. Have a bag or bin to keep cloth face coverings in until they can be laundered with detergent and hot water and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face.

Important: those donating homemade masks should launder them in hot soapy water prior to distribution. Persons accepting a donated homemade mask should launder it PRIOR to wearing.

For additional information on making a homemade cloth covering and links to several online instructions and patterns, visit <https://www.dhs.wisconsin.gov/covid-19/protect.htm> under the "Should I wear a cloth face cover?" accordion.

Additional resources:

CDC <https://www.cdc.gov/.../prevent-getting.../cloth-face-cover.html>

FAQ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

Case Update

- 4 Positive Test Results in Iowa County
- 135 Negative Test Results in Iowa County
- 2,756 Positive Test Results in Wisconsin
- 30,115 Negative Test Results in Wisconsin
- 790 (29%) Hospitalizations
- 99 Deaths in Wisconsin

For a broader picture of the number of cases and a new feature which details the data further, see <https://www.dhs.wisconsin.gov/outbreaks/index.htm>

Announcements

- **[Upland Hills Health Hospital and Clinics:](#)**
 - Updated 4/3 - No Visitor or Gift Policy at Hospital and Nursing & Rehabilitation Center
 - Effective 3/30 - UHH Clinics in Dodgeville, Mineral Point and Mt. Horeb are open 9 AM-3 PM Monday-Friday.
- **Turkey Hunting** The DNR has issued new guidelines for Wisconsin's 2020 spring turkey seasons to comply with #SaferAtHome order:
 - Hunters are encouraged to find a hunting opportunity within your community.
 - Hunt on your own, or only with members of your household.
 - Mentored hunting is allowed only with members of the same household

- Practice safe social distancing, leaving 6 feet between you and anyone you may encounter while in the field.
For more info visit <https://dnr.wi.gov/topic/hunt/turkey.html>

Important Sources of Information

- **211 Wisconsin** is an easy and helpful resource for COVID 19 questions. Simply call 211 from your phone <https://211wisconsin.communityos.org/>
- 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 COVID 19 <https://www.iowacounty.org/>

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>

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