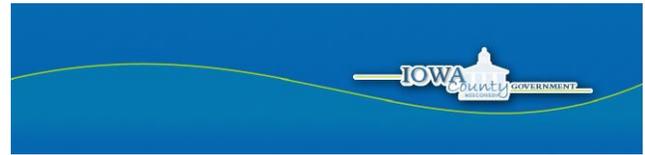


## IOWA COUNTY HEALTH DEPARTMENT

303 W. Chapel Street  
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Dodgeville, WI 53533-1314

Phone: (608) 930-9870  
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[www.iowacounty.org](http://www.iowacounty.org)

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April 9, 2020 6:00pm

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*For Immediate Release*

### Iowa County Health Department

Director/Health Officer Debbie Siegenthaler RN, MSN

#### Easter Holiday Reminders

**Iowa County** – With Easter approaching, many families were looking forward to spending it together. We urge residents to follow the Safer at Home order, which limits gatherings of more than 10 people inside or outside. If you do not live with someone, please do not have them over to your house. While we would all like to spend the holidays with our friends and family, doing so seriously endangers the health of your closest loved ones. Travel outside of your local community and gathering with people that you do not live with is very risky.

“This is a challenging time for all and we have to make big sacrifices for a little while to protect the health of our community,” said Debbie Siegenthaler, Iowa County Health Officer. “This Easter, please celebrate in your household. We look forward to the day we can gather again in-person. In the meantime, we ask that you stay connected with one another through phone calls, video chats, text messages, and other ways.”

Keep your loved ones safe, healthy and alive. Stay home. [#SaferAtHome](#)

#### **We are all in this together.**

COVID-19 does not discriminate against anyone. Regardless of your ethnicity or nationality, it effects all of us. Right now things are unknown, and changing rapidly. This is causing stress in the population as a whole and makes us feel helpless. It is in times like this that our mental health can suffer. Please be kind to your mind.

It is not unusual to experience some distress during times of uncertainty and stress. Signs of distress may include: feeling overwhelmed, depressive symptoms that persist or intensify, inability to focus or concentrate, sleep difficulties, excessive crying, unhealthy coping such as increased alcohol use or risky/impulsive behaviors, feeling paralyzed by fear of the future, and sudden anger or irritability. If you notice these signs in yourself, implement the tips [found here](#), reach out to family and friends for support, and engage in your usual healthy coping skills. If your distress continues or gets to the point that you are having difficulty managing your day-to-day activities then seek professional help.

Help is always available. You can seek mental health help by texting TALK to 741741 the Crisis Text Line or you can call the National Suicide Prevention Lifeline at 1-800-273-Talk. Locally, 24-hour mental health crisis lines are available: Grant & Iowa Counties 1-800-362-5717 or Lafayette County 1-800-552-6642. There is also information available at: <https://southwestern.wi.networkofcare.org/>, which the Southwestern Wisconsin Behavioral Health Partnership has made available.

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#### Case Update

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4 Positive Test Results in Iowa County

141 Negative Test Results in Iowa County  
2,885 Positive Test Results in Wisconsin  
31,424 Negative Test Results in Wisconsin  
843 (29%) Hospitalizations  
111 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>

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## Announcements

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- **[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.

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## Important Sources of Information

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- **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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