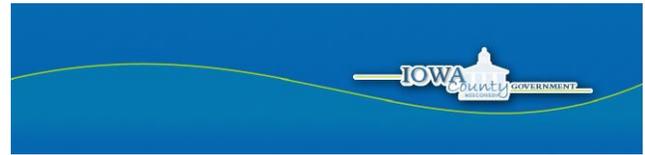


IOWA COUNTY HEALTH DEPARTMENT

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www.iowacounty.org

April 13, 2020 4:00pm

For Immediate Release

Iowa County Health Department

Director/Health Officer Debbie Siegenthaler RN, MSN

Healthy Coping

Iowa County – The COVID-19 pandemic has temporarily changed the way we work and live, go to school, and spend time together. Limiting close contact with each other protects everyone's health, including those who are most vulnerable. It also helps ensure vital health care resources remain available for those who need them. But knowing that change is important doesn't make it easy. As we all continue to adapt, it's natural to feel stress, worry, and even anger.

That's why learning how to deal with difficulties in healthy ways and bounce back from hardship is key. Check out the Resilient Wisconsin website to find practical tools and sources of support that can help you strengthen your [resilience](#) during times of stress, so you can take care of yourself and those around you during COVID-19 and beyond.

Strong emotions, and even physical reactions, are a natural response to traumatic events like a natural disaster or pandemic. There's no right or wrong way to feel or act, and your reactions may change over time. That's why it's important to understand your responses during stressful events—so that you can better manage what you're feeling and recognize when you may need the support of a mental health or medical professional.

Look for these common reactions to traumatic events, now and as the COVID-19 pandemic evolves.

- Mood swings and intense feelings, including fear and worry about your own health and the health of your loved ones, sadness, anger, guilt, and disorientation
- Denial, detachment or avoidance
- Difficulty concentrating or making decisions
- Irritability, strained relationships and conflicts with family, friends and co-workers
- Changes in your normal sleep or eating patterns
- Soreness, nausea, head or stomach aches
- Elevated breathing, heartbeats, and blood pressure
- Sensitivity to unusual sounds, smells and changes in your environment
- A worsening of preexisting chronic or mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Research shows that people are resilient. With time and support, we're able to recover from adversity. It's OK to ask for help. Remember the challenges you've overcome in the past; it's good to remind yourself of your own ability to bounce back. Just remember that recovery is a process. Give yourself time to adjust, now and after the COVID-19 pandemic ends.

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. Check out the following website for many more helpful tools and resources.
<https://www.dhs.wisconsin.gov/covid-19/resilient.htm>

Case Update

- 5 Positive Test Results in Iowa County
- 155 Negative Test Results in Iowa County
- 3,428 Positive Test Results in Wisconsin
- 36,769 Negative Test Results in Wisconsin
- 993 (29%) Hospitalizations
- 154 Deaths in Wisconsin

For a broader picture of the number of cases and additional details see
<https://www.dhs.wisconsin.gov/outbreaks/index.htm>

Announcements

- **[Upland Hills Health Hospital and Clinics:](#)**
 - 4/6/2020: UHH is not accepting delivery of food, flowers or gifts. Donations to the COVID-19 Relief Fund will help fund new food service supplies and protocols for feeding staff and patients safely. Donate by calling 608.930.7169 or at www.uplandhillshealth.org/relief
 - Effective 3/30 - UHH Clinics in Dodgeville, Mineral Point and Mt. Horeb are open 9 AM-3 PM Monday-Friday.
- **Wisconsin's Tornado and Severe Weather Awareness Week: April 13-17**
 - Governor Tony Evers has declared April 13-17 Tornado and Severe Weather Awareness Week in Wisconsin, and ReadyWisconsin is encouraging everyone to take time this spring to talk about weather safety with their families. ReadyWisconsin, the National Weather Service and Wisconsin Broadcasters Association also encourage everyone in the state to participate in a Virtual Tornado Drill at 1:45 p.m. on April 16. For more info visit ReadyWisconsin.gov

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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