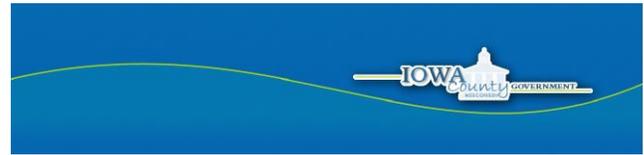


IOWA COUNTY HEALTH DEPARTMENT

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www.iowacounty.org

April 29, 2020 5:00pm

For Immediate Release

Iowa County Health Department

Director/Health Officer Debbie Siegenthaler RN, MSN

Tips for our COVID 19 Responders

Iowa County – The stress of responding to COVID-19 in our community can take a physical and emotional toll on health care workers, police officers, dispatchers, emergency management, public health professionals, and others on the front lines. Iowa County wants to extend our sincere appreciation to these individuals. You are heroes!

There are things you can do to reduce [secondary trauma](#) and manage stress:

Know the signs

Learn the symptoms of toxic stress, burnout, and secondary trauma. They include fatigue, illness, fear, withdrawal, guilt, and other intense physical and emotional reactions.

Step away from the news

It's important to stay informed, especially as a first responder. But make sure to spend time in spaces where COVID-19 isn't the only focus.

Do things you enjoy

Take the time for self-care activities, like staying connected with friends, exercising, reading, or playing a game with your family.

Talk it out

Try talking about your experiences and feelings with a trusted colleague or advisor, a loved one who will understand, or a mental health professional. It can help.

Ask for and accept help

It can be difficult for those who help others to seek support. But it's important to reach out if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family or the people you serve. 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.

Local resources:

- 24-hour mental health crisis lines are available: Grant & Iowa Counties 1-800-362-5717 or Lafayette County 1-800-552-6642.
- Southwestern Wisconsin Behavioral Health Partnership
<https://southwestern.wi.networkofcare.org/>
- United Fund COVID-19 Relief Fund <http://unitedfundiowacounty.org/Welcome.html>

Additional helpful tools and resources. <https://www.dhs.wisconsin.gov/covid-19/resilient.htm>

Resources are from the Substance Abuse and Mental Health Services Administration.

- [Tips for people responding to the COVID-19 pandemic](#)
- [Tips for Health Care Practitioners and Responders: Helping Survivors Cope with Grief After a Disaster or Traumatic Event](#) (PDF)
- [Tips for Disaster Responders: Preventing and Managing Stress](#) (PDF)
- [Tips for Disaster Responders: Understanding Compassion Fatigue](#) (PDF)

- [Psychological First Aid for First Responders \(PDF\)](#)
- [Tips for Disaster Responders: Returning to Work After Responding to a Disaster \(PDF\)](#)
- [Tips for Disaster Responders: Helping Staff Manage Stress When Returning to Work \(PDF\)](#)

Case Update

7 Positive Test Results in Iowa County
260 Negative Test Results in Iowa County
6,520 Positive Test Results in Wisconsin
66,630 Negative Test Results in Wisconsin
1,489 (23%) Hospitalizations
308 Deaths in Wisconsin

For a broader picture of the number of cases and additional detail see

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

Announcements

- **[Upland Hills Health Hospital and Clinics:](#)**
 - *UHH Clinics are open in Dodgeville, Mineral Point, Mt. Horeb and Montfort.* Hours: 9 AM-3 PM Monday-Friday.
 - *UHH is not accepting delivery of flowers or gifts.* Residents and staff appreciate the thoughtfulness. [Donations to the COVID-19 Relief Fund](#) will help fund new supplies and protocols for staff and patients safely.
 - *UHH is not accepting delivery of homemade food* at Upland Hills Health or at the UHH Nursing & Rehab Center (NRC).
 - *Food donations from the community are acceptable ONLY from a licensed restaurant, food service vendor, or catering service.* Food donations must follow the restaurant & food safety requirements. Please coordinate donations through the UHH Foundation Director, Julia Oellerich 608-930-7169.

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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