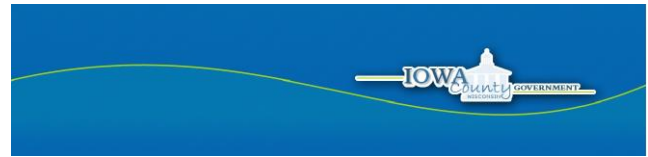


# IOWA COUNTY HEALTH DEPARTMENT

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*For Immediate Release*

## Iowa County Health Department

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### Make an Informed Decision to Protect Yourself and Others

**Iowa County** – With the Holiday weekend comes the knowledge that people are going to start venturing back out into the community. All social interaction has some level of risk for contracting COVID-19. Many of our local businesses are implementing very good plans to reduce the risk to their customers and staff. Iowa County created a Business Toolkit which can be found at <https://www.iowacounty.org/departments/COVID-19> to be used as an additional tool to help businesses in their ability to open and operate safely.

The best way to protect yourself and others is to continue maintaining your physical distance from others, stay away from large groups, stay home when you are sick, wash your hands, and wear a cloth face covering. People need to know the risks and balance those with the benefits to make the best decision for their families. But in all cases, people should understand their personal responsibility to not unknowingly spread infection to someone else.

A critical message we want to reinforce is that this virus is very efficient at finding people to infect. As a result, anytime people come together, the virus has a chance to spread. Understanding the risk in certain situations and with different activities is important especially as it relates to your personal health status. Weighing risky activities is especially important for those who are at high risk such as those over 60 years of age and those with underlying medical conditions.

Below is a helpful tool to approach everyday situations and reduce your risk of exposure and reduce transmission of disease to others. Although every situation is unique, the list below is designed to give you a better sense of the precautions you can take to reduce your risk.

HOW CAN I REDUCE THE RISK IF I...	PRECAUTIONS TO REDUCE RISK
invite people to a picnic/BBQ/small gathering	Fewer than 10 people; limit contact with people from different households; stay 6 feet apart from other household groups; everyone bring own utensils; limit sharing of food; stay home if sick; outside is safer than inside; high risk individuals should postpone
go to the water parks	Difficult to avoid large groups and close contact; stay 6 feet away from other people as much as possible; minimize touching of surfaces; observe what the water park is doing to help protect you and leave if you don't feel comfortable; high risk individuals should postpone
go biking and hiking	Avoid busy paths; stay 6 feet away from other households; cover face and mouth when passing too close to another biker/hiker/jogger
go boating, ATVing	Do not tie onto other boats of people outside your household; stay 6 feet away from people outside your household, even on ATVs; do not

	gather in groups of more than 10 people
<b>play contact sports (basketball, football, soccer)</b>	Nobody should engage in any high-contact sports with anyone outside of their household
<b>play baseball</b>	Eliminate all but essential contact; no sharing of equipment; no sharing of food or drinks; face coverings when not possible to stay 6 feet away from others (e.g. dugouts); face coverings on field encouraged for those who are able; replace balls frequently; no group celebrations in close contact; maintain 6 feet from people outside your household in bleachers
<b>attend large community gatherings/events</b>	Groups more than 10 people in one place, even outside, increase your risk of infection; stay 6 feet away from people outside your household; stay home when sick; wear face covering; high risk individuals should postpone
<b>go to a garage or yard sale</b>	Safety precautions will be difficult to assess; stay 6 feet away from other people; limit your touching of merchandise; disinfect any purchases before placing in your home; do not stop if there are more than 10 people at the sale; high risk individuals should postpone
<b>have my kids attend play dates</b>	Impossible to keep kids apart and not share toys or food; stay home if anyone has any sign of illness; outside is safer than inside
<b>go swimming</b>	Stay away from tables, chairs and other equipment – bring your own or don't use; stay 6 feet away from other groups; outside is safer than inside
<b>go to a restaurant</b>	Stay with your small group; stay 6 feet away from other groups; make a reservation and ask what they are doing to protect your safety; observe what the establishment is doing to help protect you and leave if you don't feel comfortable; use single-use menus; leave if live music is being played or there is dancing; high risk individuals should postpone
<b>go to a bar</b>	Alcohol and a lively bar scene can reduce inhibitions and safety precautions of patrons; stay with your small group; stay 6 feet away from other groups of people; ask what they are doing to protect your safety; observe what the establishment is doing to help protect you and leave if you don't feel comfortable; use single-use menus; leave if live music is being played or there is dancing; high risk individuals should postpone
<b>go listen to live music</b>	Live music, including choirs and bands, should be avoided as they generate increased droplets in the air that travel further, and an increase in deep breaths taken in, both of which increases risk of infection
<b>shop at retail stores</b>	Stay 6 feet away from other people; observe what the store is doing to help protect you and leave if you don't feel comfortable; limit unnecessary touching of merchandise; wear a face covering; ask employees about their precautions; high risk individuals should postpone
<b>go to the movies</b>	Groups of more than 10 people in one place increase your risk of infection; stay 6 feet away from all people outside your household; stay home when sick; wear face covering; do not share food or drink;

	do not self-serve food or drink; outside is better than inside; high risk individuals should postpone
<b>go to a casino</b>	Groups of more than 10 people in one place increase your risk of infection; stay 6 feet away from all people outside your household; stay home when sick; wear face covering; minimize touching of surfaces; observe what the casino is doing to help protect you and leave if you don't feel comfortable; high risk individuals should postpone
<b>visit elderly relatives</b>	Older people with chronic conditions are at very high risk; wear face covering; stay 6 feet away with no physical contact; stay home if not feeling well; long-term care facilities do not allow most visitors
<b>go to a salon/get other personal care services</b>	Make an appointment and ask what they are doing to protect your safety; stay in your car until they are ready for you; wear a face covering when possible; make sure employees are wearing masks or face shields; wash your hands before the appointment and make sure employee washes theirs; observe what the establishment is doing and leave if you don't feel comfortable; high risk individuals should postpone
<b>go to church or other faith-based services</b>	Stay with your household group; stay 6 feet away from other groups; avoid all physical contact; do not share group fellowship after services; do not share food or drink; leave if live music is being performed; high risk individuals should postpone
<b>go to the gym</b>	Disinfect surfaces of all equipment before you use it; observe what the gym is doing to help protect you and leave if you don't feel comfortable; stay 6 feet away from other people; do not do a class with more than 10 people in a room; outside exercise is a safer alternative; high risk individuals should postpone
<b>go to greenhouses and nurseries</b>	Outside is safer than inside; stay 6 feet away from other people; wear a face covering; ask employees about their precautions; observe what the greenhouse is doing to help protect you and leave if you don't feel comfortable; avoid touching merchandise unless purchasing; high risk individuals should postpone
<b>go to the doctor or get vaccines for my child</b>	Ask what they are doing to protect your safety when you make your appointment; you should be required to be screened when you arrive; procedures like immunizations are not high risk; wait in your car until they're ready for you; wear face covering and make sure your provider also wears a mask; postpone non-essential services, especially high-risk individuals
<b>go to the dentist</b>	Ask what they are doing to protect your safety when you make your appointment; you should be required to be screened when you arrive; hold off on routine cleanings and only go for urgent issues; make sure all staff is wearing face masks and the person working on your teeth has a face shield; high-risk individuals should postpone non-emergency services

People can safely enjoy many of the benefits of Iowa County, especially our amazing outdoor spaces. We ask that you do so in a way that is safe for you and others so we can get beyond this COVID nightmare we've been living for the past several months.

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### Case Update

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11 Positive Test Results in Iowa County ( 11 recovered)  
621 Negative Test Results in Iowa County  
14,396 Positive Test Results in Wisconsin  
172,703 Negative Test Results in Wisconsin  
2,259 (16%) Hospitalizations  
496 Deaths in Wisconsin

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

#### **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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