

March 20, 2020
4:30 pm

News Release

FOR IMMEDIATE RELEASE



Waupaca County Public Service Message

WAUPACA – In a proactive effort to keep the community informed with the most current and reliable information regarding the public response to COVID-19 (Coronavirus) we are providing the following information. We are calling on media agencies to report this information as widely as possible. Additionally, we continue to urge the community to remain flexible and follow the recommendations from the reliable sources listed in this communication. In addition to referencing reliable sources of information, we urge the community to refrain from sharing non-verified and non-reliable information. At this time, the Courthouse remains open with modified operations, however the public is encouraged to interact with the courthouse via phone or e-mail, rather than in-person. For all business with the county, please phone ahead.

Departments:

DHHS:	715-258-6300
Child Support:	715-258-6448
Clerk of Courts:	715-258-6460
County Clerk:	715-258-6200
Medical Examiner:	715-258-4466
Treasurer (LIO):	715-258-6220
District Attorney:	715-258-6444
Emergency Management:	715-258-4464
Highway:	715-258-7152
Human Resources:	715-258-6210
Land & Water:	715-258-6245
Parks:	715-258-6240
Planning and Zoning:	715-258-6255
Register in Probate:	715-258-6429
Register of Deeds:	715-258-6250
Sheriff:	715-258-4466
Solid Waste (PTF):	715-258-6240
UW Extension	715-258-6230
Veterans:	715-258-6475

Waupaca County Public Health is monitoring and responding to COVID-19 and working with our partners at the Wisconsin Department of Health Services (DHS) and the Centers for Disease Control and Prevention (CDC).

As of this date, there remain no confirmed cases of COVID-19 within Waupaca County. However, multiple cases have now been reported throughout the state. Because of this, county officials are proactively working to minimize the effects of the virus locally. The primary focus of this effort is to slow the transmission rate of this illness. We all share responsibility for sustaining/improving the health of our communities by working to slow the transmission rate of this illness.

Waupaca County is urging residents to closely adhere to the following recommendations:

- People at higher risk are encouraged to stay home and away from large groups of people as much as possible. Higher risk individuals include:
 - Older adults
 - People with underlying health conditions including heart disease, lung disease, or diabetes
 - People with weakened immune systems
- Visitors are restricted from the Waupaca County Jail.
- As ordered by Governor Tony Evers, mass gatherings of more than 10 persons is prohibited. Further, meetings of 10 persons or less should abide by social distancing recommendations.
- Nonessential travel for all individuals is discouraged. Those planning trips should consider the risks versus the benefits, not only to themselves, but to more vulnerable population.
- Stay home when sick.
- Practice excellent personal hygiene habits, including handwashing, coughing into tissue or elbow, avoid touching eyes, nose, or mouth.
- Stay six feet away from people who are ill, especially if you are 60 and older or have underlying health conditions such as diabetes, heart disease, lung disease, or a weakened immune system.
- Do not shake hands with anyone and avoid unnecessary contact.
- Please call your healthcare provider if you experience symptoms including cough, fever, or other respiratory problems. Do not go to the emergency room; call ahead to let them know you need to come in with these specific symptoms and do not sit in the waiting room. Emergency rooms need to be able to serve those with the most critical needs.
- Call 911 if you are having a medical emergency.
- Refer questions to the resources listed below. Many, if not all, questions regarding the response to COVID-19 can be found by referencing the resources below.

Reliable Resources for More Information:

Waupaca County: https://www.co.waupaca.wi.us/departments/health_and_human_services/covid-19.php

Wisconsin Department of Health Services: www.dhs.wisconsin.gov/covid-19

Centers for Disease Control and Prevention: www.cdc.gov/coronavirus/2019-ncov/

For further updates, follow Waupaca County Public Health Department on [Facebook](#) and their [website](#).

###

COVID-19 Facts: Why Social Distancing?

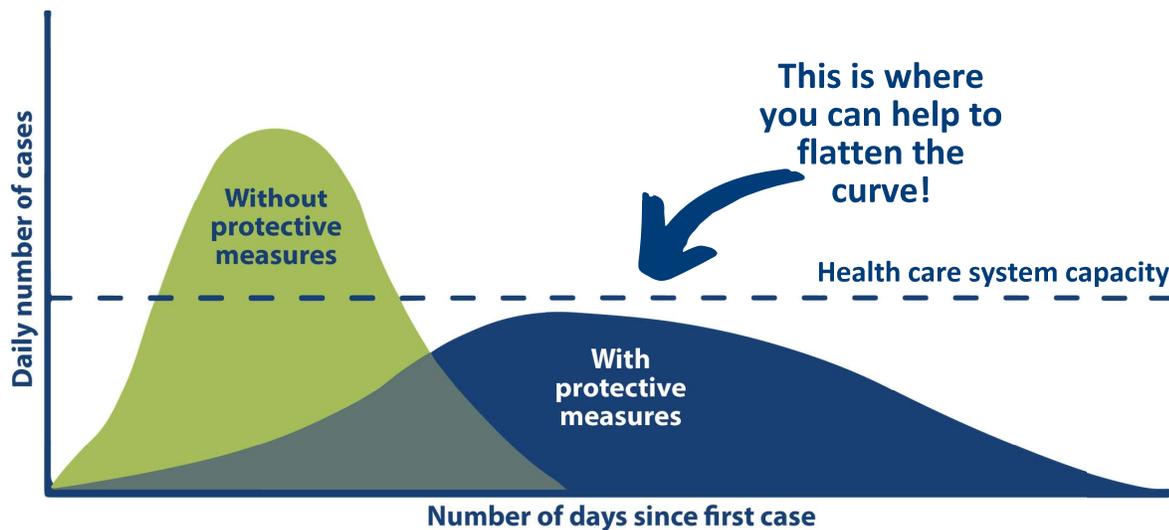


What is social distancing?

Social distancing means minimizing contact with people and keeping a distance of at least six feet between you and others. These measures are put in place to help slow down or stop the spread of a contagious disease. On a large scale, examples of social distancing are limiting gatherings of 10 people or more, canceling events, and closing buildings. On a small scale, these measures include practicing good hygiene habits and limiting in-person contact with others.

What purpose does social distancing serve?

Protective measures like social distancing are proven to "flatten the curve," in other words decrease the daily number of cases of a contagious disease. Mass gatherings of 10 people or more during an outbreak can result in a large number of ill people. These large numbers can quickly overwhelm local hospitals and clinics. By following the recommendations from the Department of Health Services and the Centers for Disease Control and Prevention, we can slow transmission and prevent more cases.



What can I do right now?

You play an important role in the stopping the spread of COVID-19. Here are some everyday preventive measures that can slow or stop the spread to yourself and others:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Stay at least six feet away from other people.
- Stay at home as much as possible. Cancel events and avoid groups, gatherings, playdates, and nonessential appointments.
- Clean frequently touched surfaces and objects daily (e.g., tables, counter tops, light switches, doorknobs, and cabinet handles). See CDC's recommendations for household cleaning and disinfection.

If you or someone you know is more vulnerable, for example elderly or part of a high-risk population, take extra precaution. Adopt these social distancing measures over the next eight weeks to protect you and your loved ones.



Make a Plan

It's important to have a household plan of action in case you or your family members get sick or your daily routine is disrupted because of COVID-19. Take steps to protect the health of you and your family during an outbreak:

- Have a two-week supply of prescription and over-the-counter medications, food, and other essentials.
- Find ways to keep in touch with others while practicing social distancing. Social distancing does not mean social isolation. Find ways to stay in touch with family and friends through phone, email, or video chat.
- Talk with your supervisor about working from home, look into childcare alternatives, and what to do if events are cancelled.
- Review emergency operation plans for schools and workplaces for all household members.
- Plan ways to care for family members who might be at a greater risk for serious complications of COVID-19, including older adults and those with severe chronic medical conditions.



Know the Signs and Symptoms of COVID-19

The following symptoms may appear 2-14 days after you are exposed to the virus:

- Fever
- Cough
- Shortness of breath

If you have these symptoms, call your doctor's office. Limit visitors and your movement in the community.



Protect Yourself and Others

Follow everyday preventive measures:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Stay at least six feet away from other people.
- Stay at home as much as possible. Cancel events and avoid groups, gatherings, playdates, and nonessential appointments.
- Clean frequently touched surfaces and objects daily (e.g., tables, counter tops, light switches, doorknobs, and cabinet handles). See CDC's recommendations for household cleaning and disinfection.



Manage Anxiety and Stress

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Try to:

- Take a break from the news, including social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Talk with people you trust. Explain your concerns and how you are feeling.

