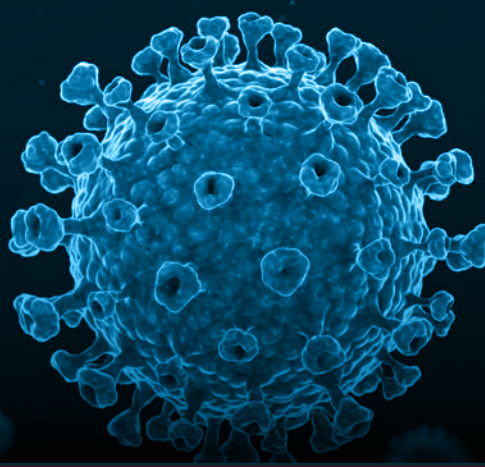


# COVID-19

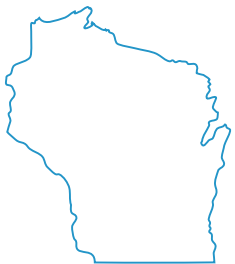


## HOW IS COVID-19 DIFFERENT FROM THE FLU?

COVID 19 is different from the family of viruses that cause the common cold or seasonal influenza

- It is more harmful than the common cold or seasonal influenza
- Mortality rate is at least 10x that of seasonal influenza
- There is not yet a vaccine
- Infected individuals may not show symptoms for up to a week
- 1 in 6 people with COVID-19 infection require hospitalization
- There is no known treatment

## WHAT CAN WE EXPECT IN OUR REGION?



- Spread of the virus over next few months with peak expected in late May
- Ramp up of testing, which will reveal more cases
- Healthcare providers will be in high demand

## WHERE TO GET MORE INFORMATION?

**Centers for Disease Control and Prevention:**  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

**World Health Organization:**  
[who.int/emergencies/diseases/novel-coronavirus-2019](https://who.int/emergencies/diseases/novel-coronavirus-2019)

**WI Dept of Health Services:**  
[dhs.wisconsin.gov/disease/coronavirus.htm](https://dhs.wisconsin.gov/disease/coronavirus.htm)

## HOW CAN WE SLOW THE SPREAD?

Reduce or eliminate situations where large groups of people (50 or more) congregate

Use social distancing principles when people are in the same room - 6' distance is recommended

Wash hands frequently, scrub fingers and nails

Remain calm and help others to reduce stress and anxiety

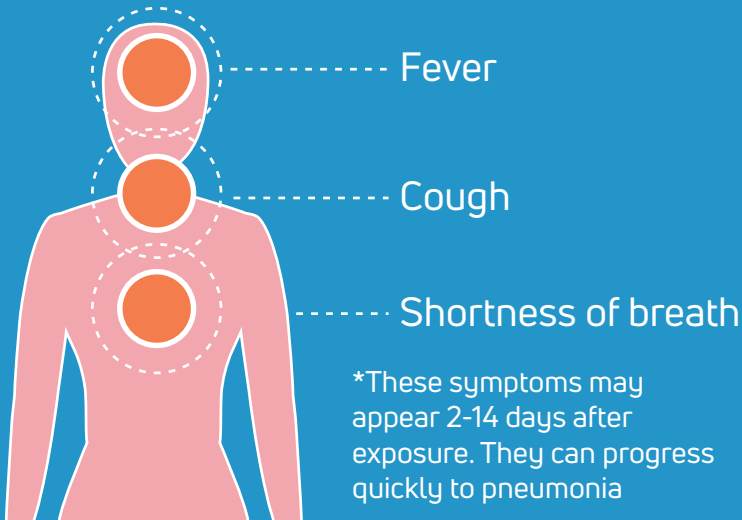
## WHAT ARE THE GREATEST RISKS TO OUR PEOPLE?

Spread to older adults and those with underlying or chronic health conditions like heart disease, lung disease

Mental health and well-being due to worry and anxiety of contracting virus, not having access to resources, loss of wages, not being near loved ones, isolation, or loss of control

# COVID-19

## SIGNS AND SYMPTOMS\*



## WHAT TO DO?

What to do if you have been exposed and/or have symptoms.



**Do** call your healthcare provider for advice.

**Do not** visit primary care, urgent care or the emergency room for your symptoms unless instructed by your healthcare provider.

## TIPS FOR WELL-BEING

Maintaining empathy, connection, and calmness reminds us that we are all in this together, even when we are more isolated than usual.

Show kindness to others when they are feeling stressed

Practice mindfulness or other relaxation strategies

Connect with friends and family virtually

Get exercise - outdoors if possible

Manage your information intake - go to reliable sources and limit news consumption

Maintain a reasonable sleep schedule

Increase your positive emotions - gratitude exercises, reach out to others

Strive for healthy nutrition

## PRECAUTIONS

- Clean hands often with soap and water or alcohol-based hand sanitizer
- Reduce contact with large groups of people
- Maintain 6 foot distance in social places
- Alternate greetings - no handshakes or hugs
- Disinfect frequently touched surfaces
- Limit food sharing
- Limit travel methods where many people share a small space (train, air, bus)