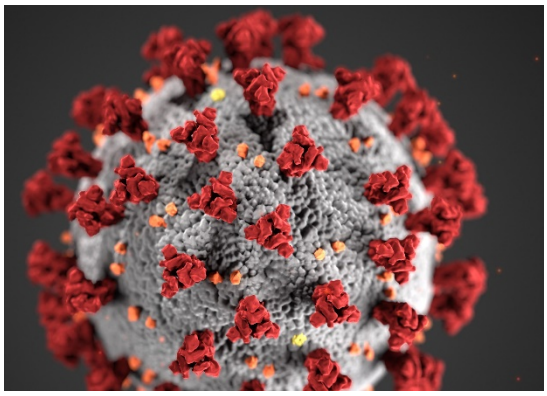
Coronavirus disease 2019 (COVID-19)



What is coronavirus disease 2019 (COVID-19)?

- COVID-19 is a respiratory illness that can spread from person to person.
- The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?

- The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person.
- The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.
- It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath

What should I do if I develop symptoms?

- Call your primary care provider.
- Tell them about your symptoms, any recent travel or potential exposures.
- They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

What are severe complications from this virus?

- Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.
- Emergency warning signs: If you have any of these symptoms, **seek immediate medical attention**:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

How can I help protect myself?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Is there a vaccine?

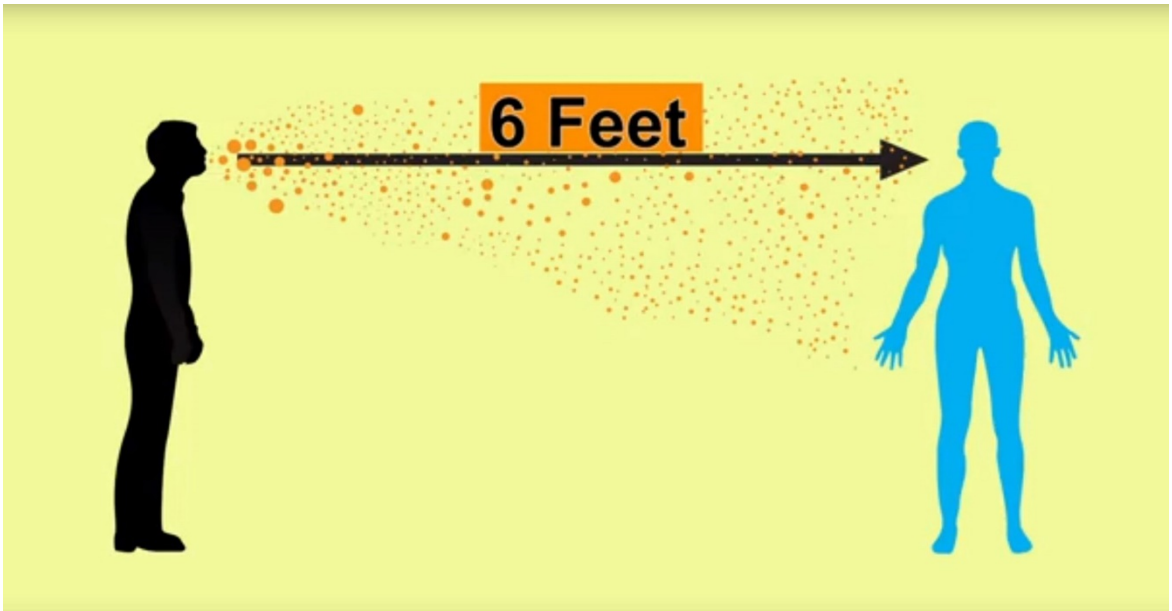
- There is currently no vaccine to protect against COVID-19.
- The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

- There is no specific antiviral treatment for COVID-19.
- People with COVID-19 can seek medical care to help relieve symptoms.

Social distancing advice:

- Avoid close contact with people who are sick.
- Maintain at least six feet of personal space.
- Avoid social gatherings with people of all ages (including playdates and sleepovers, parties, large family dinners, visitors in your home, nonessential workers in your house)
- Work from home, if possible.
- Limit outings to essential shopping trips only. Consider doing your shopping online, and taking advantage of delivery or curbside pickup services if available.
- Avoid any foreign or domestic travel for any nonessential reasons.
- It's okay to go outside to go for a walk, run, or bike ride. Regular exercise is good for your physical and mental health. However, please practice good social distancing and keep at least six feet of personal space between you and anyone else.
- If you are experiencing any COVID-19 symptoms, **immediately self-isolate and contact your healthcare provider**.



Tips to help you cope with social distancing:

- Stay connected! You can check in with friends and loved ones though email, phone calls, videoconferencing apps, and social media.
- Read! Marinette County library card holders can take advantage of the Libby app and the RB Digital Service, which puts tens of thousands of ebooks, downloadable audiobooks, magazines, and other materials at your fingertips! More information is available at infosoup.org.
- Take up a new hobby! Whether it's scale modeling, photography, baking, tying flies, woodworking, sewing, learning how to play an instrument, or oil painting, now is a great time to pursue a new interest! You can buy materials and take advantage of free tutorials online. Arts and crafts related hobbies are a great way to keep children occupied!

- Learn a new skill! You can use online tutorial videos and ebooks to learn a new skill such as cooking, a foreign language, video editing, computer skills, coding, or other marketable skills.
- Exercise! Regular exercise is good for your physical and mental health. You can follow along with exercise programs available on YouTube. Some gym chains such as Planet Fitness are having free livestreaming exercise classes available. You can also go for walks, runs, or bike rides outside, as long as you practice good social distancing. Maintain six feet of personal space between yourself and other people and their pets.
- Practice good nutrition! Be sure you and your family are eating a well-balanced diet with plenty of fruits and vegetables. Try to avoid stress eating by channeling that energy elsewhere such as reading, housework, exercise, or other activities.

Important information about Marinette County Building:

- Effective Monday, March 23, 2020 the County Courthouse and Annex will be open to the public only between the hours of 8 am and 9 am Monday through Friday until further notice.
- The Courthouse/Annex will be open for Court proceedings and for meetings in which the public has a right to attend. All entrances will be available to the public between the hours of 8 am and 9 am. However, access to court proceedings or public meetings will be through the doors closest to the Veterans Memorial on the east side of the Annex which is on the Stephenson National Bank side of the Courthouse/Annex building complex.
- All County Health/Human Services Facilities will limit access to one entrance. Signs will be posted in an effort to direct the public to the appropriate entrance.

Where can I go to learn more?

- Wisconsin Department of Health Services COVID 19 Page
- Centers for Disease Control COVID 19 Webpage
- Stress and anxiety advice from the Centers for Disease Control
- World Health Organization COVID-19 page
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