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FOR IMMEDIATE

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Social Distancing Tips

Some basic social distancing tips from Marinette County Public Health to help combat the spread of COVID-19.

Marinette, WI: Marinette County Public Health would like to remind all Marinette County residents about the importance of practicing good social distancing to help combat the spread of COVID-19.

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.

Marinette County Public Health Officer Molly Bonjean says, "Everybody has a role to play in helping to combat the spread of COVID-19. Working together and helping each other will get us through this."

Here are some social distancing tips that can slow or stop the spread to yourself and others:

- Avoid close contact with people who are sick.
- Stay at home when you are sick, except to get medical care.
- 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. Consider socializing online instead.
- Limit outings to essential trips only such as picking up groceries, medication, or seeking medical care only. Consider doing your shopping online, and taking advantage of delivery or curbside pickup services if available.
- Work from home, if possible.
- Avoid any travel outside your community.
- 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 maintain six feet of personal space between you and anyone else around you.
- If you are experiencing any COVID-19 symptoms such as persistent dry cough, fever, and shortness of breath, **immediately self-isolate and contact your healthcare provider.**

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 tips to protect you and your loved ones.

This is a rapidly changing situation. To read the latest information about COVID-19, please visit the following websites:

- Department of Health Services (DHS) - <https://www.dhs.wisconsin.gov/covid-19/index.htm>
- Centers for Disease Control and Prevention (CDC) - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Anyone with questions or concerns about COVID-19 may call 2-1-1 for more information.

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