Coronavirus (COVID-19): What You Need to Know

Prevention

• Avoid contact with sick people.
• Wash hands frequently with soap and water for 20 seconds or using an alcohol-based hand rub.
• Cover your cough/sneeze.
• Avoid touching your face, nose, eyes and mouth.
• Clean and disinfect surfaces and objects.
• Stay home when you’re sick.

General Travel Guidance*

Domestic and International Travel

• The Department of Public Health Services (DHS) recommends against all nonessential travel to any U.S. state where the Centers for Disease Control (CDC) deems there is “community transmission” of COVID-19 or countries with Level 3 Travel Notices.
• For all travelers returning to Wisconsin from U.S. states where the CDC has determined that community transmission is occurring, DHS recommends that those individuals self-quarantine at home for 14 days and monitor for symptoms of COVID-19 (including fever and cough).
• Older adults and those with chronic conditions should avoid all nonessential travel.

DHS issued guidance for travelers on a cruise in Egypt:

• If you were on a cruise in Egypt and you have symptoms like fever or respiratory illness, call your provider to be tested and quarantine at home immediately.
• If you were on a cruise in Egypt and do not have symptoms, call your local health department and quarantine at home immediately.
• If you have been in close contact with someone who has been on a cruise in Egypt and is ill, you also need to quarantine at home and inform your local health department.

*Visit dhs.wisconsin.gov/covid-19/index.htm for the most up to date information on travel guidelines.

Coronavirus (COVID-19) Symptoms:

- Fever
- Cough
- Shortness of breath

When to Seek Care:

1. If you are experiencing symptoms, call the 24/7 HFM Infectious Disease hotline at (920) 320-3333.

2. A Triage Nurse will ask about your symptoms and possible risk factors.

3. The Triage Nurse will direct you to:
   • Stay in isolation at home and continue to monitor your condition.
   • Come to an HFM designated location for evaluation.
   • If a healthcare provider suspects COVID-19, you will be tested for Influenza A and B and RSV first. If that test is negative, a coronavirus (COVID-19) test will be ordered.
     • Please be aware there is still no treatment other than supportive care for Coronavirus (COVID-19), although some academic centers are trying different anti-viral medications.