

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.