COLUMBIA COUNTY COVID-19 WEEKLY UPDATE

Key COVID-19 Data Summary for <u>Columbia County</u> as of July 21, 2020 1:30 p.m.

- <u>Total positive test results</u>:   166   (+41 from 7/14/20)
  (Includes active, recovered, deceased)
- <u>Active cases</u>:   54   (+34 from 7/14/20)
- <u>Active cases currently hospitalized</u>:   3   (-1 from 7/14/20)
- <u>Individuals recovered</u>:   111   (+18 from 7/14/20)
- <u>Total deaths</u>:   1   (Same as 7/14/20)
- <u>Total negative cases</u>:   7948   (+819 from 7/14/20)
- <u>Total number of active investigations by setting</u>:   12   (+2 from 7/14/20)
  (Long-term care facility - 3; Workplace (non-health care) - 4 ; Group housing facility - 1 ; Health care facility - 0; Other setting - 4)
- <u>COVID-19 Activity Level</u> :   HIGH   (Same as 7/14/20)

Frequently Asked Questions

Where can I get tested for COVID-19?

In Columbia County, testing for COVID-19 is provided at <u>Aspirus Divine Savior Healthcare</u> in Portage and <u>Prairie Ridge Healthcare</u> in Columbus. A free community testing site is located at the <u>Alliant Energy Center</u> in Madison. Columbia County Health Department will be partnering with Aspirus Divine Savior Healthcare to offer community testing in Columbia County.

What do I do if I test positive for COVID-19?

- **Stay home**. It is important that you avoid contact with others. We now know that you can spread COVID-19 to others beginning **two days before symptoms start until a few days after you recover**; this is known as the "infectious period." Even if you never develop any symptoms, you may be able to spread COVID-19 to others.
  - **If you are sick**, you should remain in isolation for:
    - At least three days (72 hours) after you are well, **and**
    - At least 10 days from the date you first had symptoms.
    - See <u>Isolation release flyer for those who are diagnosed with COVID-19</u>.
  - **If you do not have symptoms**, you should remain in isolation for:
    - At least 10 days after your test date.
    - See <u>Isolation release flyer for those who are diagnosed with COVID-19, but never felt sick</u>.

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- o   For most people, testing to see when isolation should be completed is **not** recommended.

- **Take steps to prevent others in your household from getting sick**.

  - o   Separate yourself from other people in your home.

  - o   Wear a face mask or covering if you have to be around other people.

  - o   Cover your coughs and sneezes.

  - o   Clean your hands often.

  - o   Avoid sharing personal household items.

  - o   Clean high-touch surfaces everyday. See our Cleaning and Disinfecting flyer. More can be found at: **CDC COVID-19: Disinfecting your home**(link is external).

- **Keep a list of people you had contact with while you were sick**. Your local health department will contact you for a list of all the people you had contact with in the two days before you first felt sick up until after your symptoms resolved, or the two days before you got tested until 10 days after you were tested. This is called "contact tracing" and is one way public health staff identify people who could have been infected. People in your family, and others you had close contact with, will be asked to stay home and monitor their symptoms to make sure they don't get sick and infect others. More can be found at: **CDC COVID-19: If you are sick or caring for someone(link is external)**.

What do I do if I was a close contact of someone who tested positive for COVID-19?

If you had **contact with someone who has been diagnosed with COVID-19** (at home, work, school, or anywhere else), you may be at risk of infection. Follow these recommendations for 14 days since your last close contact with someone with COVID-19. It is important to **self-quarantine and self-monitor** to protect yourself, your family, and your community. Anyone who has been exposed to COVID-19 is encouraged to get tested.

You are a "close contact" if **any** of the following situations happened while you spent time with the person with COVID-19, even if they didn't have symptoms:

- Had direct physical contact with the person (for example, a hug, kiss, or handshake).

- Were within 6 feet of the person for a total of more than 15 minutes in a single day.

- Had contact with the person's respiratory secretions (for example, coughed or sneezed on; contact with a dirty tissue; shared a drinking glass, food, towels, or other personal items).

- Live with the person or stayed overnight for at least one night in a household with the person.

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*Wisconsin Department of Health Services currently recommends that everyone wear a face mask or face covering in public, even if you don't feel sick, to help reduce your risk of spreading COVID-19 to others by blocking respiratory droplets. Wearing a face mask or covering while you spent time with someone else with COVID-19, even if the person with COVID-19 was also wearing a mask, likely reduces your risk of getting COVID-19, but may not prevent it entirely. If you and/or ther person with COVID-19 was wearing a face mask or covering during any of the above situations, you are still considered a close contact.

How do I self-quarantine?

- **Stay home as much as possible.** It is important that you avoid others to prevent spreading the infection.
    - **If you live with someone who has COVID-19 and you are at <u>higher risk for serious illness</u>, you should find an alternative living arrangement separate from the sick family member, if possible.**
- **Most people should not go to work if they have to be around other people.** Talk with your employer about working remotely if your employer allows it. Health care workers should contact their employee health for their current policy.
- **Avoid travel.** If travel is absolutely necessary, and you become ill, you may not be able to return home until after you recover. When you get home, you will be asked to continue self-quarantining and self-monitoring for 14 days.
- **Wash your hands often and practice good hygiene.**
- **Go out only if absolutely necessary.** Instead, see if someone can drop off essentials at your house. If you need to go out, limit your travel to essential needs, for example, going to the doctor, getting groceries, or picking up medication. Remember to always wear a cloth face covering.
- **Postpone all non-essential medical appointments until your quarantine is over.** If you have an essential appointment during quarantine, call your doctor about what arrangements can be made.
- **Do not use public transportation, ride-sharing, or taxis.**
- **Wear a face mask or covering if you have to be around others.** This helps protect others by preventing respiratory droplets from getting into the air.
- **How long do I need to quarantine?** The answer may depend on whether you live with someone who has been diagnosed. Since it may take up to 14 days for you to have symptoms after infection, you should **self-quarantine for 14 days from when you last had contact with the infected person, or for 14 days from when the infected person in your household has recovered.**
    - <u>Quarantine release flyer for those who had close contact with someone diagnosed with COVID-19</u>.
    - <u>Quarantine release flyer for those who live with someone who has COVID</u>.
    - <u>Quarantine release flyer for those who live with someone who has COVID, but never got sick</u>.

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