COVID-19: How to Avoid Illness

To prevent getting and spreading COVID-19, make sure you practice good personal health habits and avoid being exposed to the virus.

Wear a face covering to stop the spread of COVID-19

Wisconsin has significant community spread, and the science shows that wearing a face covering can prevent the transmission of the respiratory droplets that spread COVID-19. Protect your loved ones, neighbors, and fellow Wisconsinites by wearing a face covering!

When should I wear a face covering?

• Indoor spaces when you are not at home
• Enclosed spaces such as outdoor restaurants or bars, public transportation, and ride-shares

When do I not need to wear a face covering?

• Inside your home around your core family
• Outdoors

We understand that not everyone can wear a face covering for medical or safety reasons. People who can wear a face covering should do so to help stop the spread of COVID-19.

Avoid close contact with others and practice physical distancing

●Stay at home as much as possible. Cancel events and avoid groups, gatherings, play dates, and nonessential appointments.

●Avoid gatherings of 10 or more people. See the frequently asked questions below more information about gatherings.

●Stay at least 6 feet away from other people, when possible.

●Wear a cloth face covering in public settings, especially when it is difficult to practice physical distancing.

●Stay home when you are sick, except to get medical care.

Practice good hand hygiene

●Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

- Avoid touching your face, eyes, and mouth when in public.

Enjoy summer safely

- Explore the outdoors, but keep it local.

- When you're enjoying time outside, the safest option is to spend time with the people you live with.

- If you are gathering with other people, wear a face covering, limit the number to under 10, and practice physical distancing.

- Avoid sharing food.

- Wash your hands frequently, and avoid touching shared surfaces.

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Staying safe while beating the summer heat
Safely sheltering from severe weather during COVID-19

If you start to feel sick

- If you become sick, stay home. Visit our <u>if you think you are sick webpage</u> for more information.

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

- Clean frequently touched surfaces and objects daily (for example, tables, countertops, light switches, doorknobs, and cabinet handles). See <u>CDC's recommendations for household cleaning and disinfection webpage</u>(link is external).