IRON COUNTY
Public Health
Prevent. Promote. Protect.

FOR IMMEDIATE RELEASE August 11, 2020

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Hurley, WI- Iron County Public Health is reporting **76** positive COVID Iron County residents, **70** are recovered, **3** ever hospitalized, **1208** negative test results and **1** death.

YES, we survived the 4th of July case spike and our numbers are down in Iron County. Most cases were mild and the community is healing. But we can't let our guard down. Labor Day is coming and schools will be back in session soon, so it will be more important that ever to follow CDC, Department of Health Services (DHS) and health department guidelines. Be sure to:

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

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.
- 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
- Hand sanitizer is great to use when soap and water aren't available but frequent and thorough handwashing is the best way to prevent spreading viruses like COVID-19.

- 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.
  - If you must use hand sanitizer check the FDA website to be sure it is safe. Some could contain methanol (or wood alcohol), which causes blindness or death.
  - Use hand sanitizer only as directed on hands. Accidentally ingesting even a relatively small amount of methanol may pose a serious poisoning risk for children. Symptoms of methanol poisoning are nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or death.
  - If you or a child accidently swallows hand sanitizer, call the Wisconsin Poison Center right away. Don't wait for symptoms to develop. Call the Poison Center at 800-222-1222 anytime day or night.
- Avoid touching your face, eyes, and mouth when in public.

If you start to feel sick
- If you become sick, stay home.
- 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.

People with these symptoms or combinations of symptoms may have COVID-19:

Cough (new onset or worsening of chronic cough), Shortness of breath, Fever, Chills, Sore throat, Runny nose, Muscle pain, Headache, New loss of taste or smell

Not everyone with COVID-19 has all these symptoms. For many, symptoms are mild, with no fever. Some people may also experience fatigue or gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain. It is important to know that you can still spread (transmit) the virus to others even if you have mild or no symptoms.