COVID-19 FAQs

What to Do if You're Sick

- **What are the symptoms of coronavirus?**

  People with confirmed infections have a range of symptoms, from little to no symptoms to people being severely sick and dying. Symptoms may include:

  - Fever
  - Cough
  - Shortness of breath
  - Sore throat
  - Headache
  - Fatigue
  - Body or muscle aches
  - Nausea
  - Vomiting
  - Diarrhea

  Not everyone with COVID-19 has all of these symptoms. For many, symptoms are mild, with no fever. It is important to know that you can still spread (transmit) the virus to others even if you have mild or no symptoms.

- **What to do if I have symptoms of coronavirus?**

  People who are mildly ill with COVID-19 are able to recover at home. If your illness is worsening seek medical attention but call first if you can. If you are having a medical emergency, dial 911. Emergency warning signs include*:

  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse (wake) a person
  - Bluish lips or face
    *This list is not all inclusive. Please consult your doctor or medical provider for any other symptoms that are severe or concerning.

- **Where should I seek medical attention?**

  Contact your primary care physician. If you do not have a primary care physician, call one of the local healthcare provider informational hotlines or telehealth sites.

- Ascension: (833) 981-0711 or go to www.ascension.org/OnlineCare; use code HOME for a $20 virtual visit
- Advocate Aurora: (866) 443-2584 or www.advocateaurorahealth.org/virtual-visits
- Froedtert: (414) 805-2000 or www.froedtert.com/telehealth

If you are having a medical emergency dial 911. Please notify dispatch of your symptoms.

- **What should I do if I'm sick or someone in my home is sick?**

  The sick person should be in their own room and should have their own bathroom, if feasible. They should have the door closed, and food and other needs should be left outside their door for them to pick up.

  The CDC has additional guidance for how to clean and disinfect your home if someone is sick, including how to clean surfaces, linens, dishes, and trash.

Testing

- **Where can I be tested for coronavirus?**

  Doctors determine who needs to be tested. If you are sick with COVID-19 symptoms, isolate yourself at home and call your doctor before going to them. Your doctor will decide if you need to be tested, but due to limited supplies, many people will not be tested . The health department does not test people for COVID-19. If your symptoms are too severe to be managed at home, call 911 or call ahead to the emergency department.

- **If I want to be tested, why won't they test me?**

  Healthcare systems evaluate their staffing, testing supplies, and current symptoms of an individual and their risk factors (e.g., age, underlying health conditions) to prioritize who is tested. Many people have mild symptoms and coming to a clinic or hospital to be tested could put you or others at increased risk. Read more about the Wisconsin Department of Health Services recommendations for who should be tested.

- **What's involved in a coronavirus test?**

  A healthcare professional takes a very deep swab of your nose and throat. Those samples are sent to a lab to be tested.

Public Health Role and Data

- **What is the role of public health in case and contact investigation?**

  Local public health conducts rapid and thorough investigation of all suspect, probable and confirmed cases of COVID-19 and contact tracing with isolation and quarantine of those who are symptomatic or exposed.

  Public health provides guidance on potential exposures for individuals and businesses. If you have been exposed to a confirmed COVID-19 case, your local health department will contact you with instructions. No case information will be given to you.

- **Why don't you release information at the municipal level?**

  We currently share information at the health department jurisdiction level because more specific data could identify people in some of our smallest communities. This could change as the pandemic evolves. No matter where you live, our recommendations are the same: stay home as much as possible because community transmission is occurring.

- **How many people are hospitalized for COVID-19 in Wisconsin?**

  Wisconsin Department of Health Services reports hospitalizations on their website at: https://www.dhs.wisconsin.gov/covid-19/data.htm

- **What should I do if I am returning from travel?**

  If you traveled anywhere outside of your local community in the past 14 days, you are asked to stay home and monitor yourself for symptoms for 14 days after you returned. If you were able to practice physical distancing during the entire time you were away (for example, you stayed in your car by yourself and kept at least 6 feet distance between yourself and others), you should still monitor your symptoms and practice physical distancing.

  Stay home. It is important that you avoid contact with others to avoid spreading the infection to others (this is called "self-quarantine"). Monitor your symptoms. Check your temperature twice daily, and write down any symptoms you have (this is called 'self-monitoring"). If you develop symptoms of COVID-19 like fever, cough, shortness of breath, or others and need medical care, call your doctor.

Staying Safe

- **What should my family be doing?**

    - Staying home as much as possible. This means not leaving your home unless absolutely necessary. See the Safer at Home Order for more information.
    - Continuing strong everyday prevention measures. Wash your hands often and cover your sneezes and coughs with a tissue or your elbow.

- **How can I stay safe while grocery shopping?**

    The Wisconsin Department of Health Services has a great fact sheet about grocery shopping with tips about physical distancing and wiping your cart. Don't forget to wash or cook your produce before eating!

    When purchasing food or other goods or services follow these tips to help slow the spread of COVID-19 in the service industry:
    - Practice aggressive physical distancing from employees and other customers.
    - Refrain from touching items you are not purchasing.
    - Review menus and merchandise online, place orders over the phone or online, and pay for food and other items prior to pick-up or delivery.
    - Stay home if you are ill or may have been exposed to COVID-19.
    - Wash your hands as much as possible.

- **I'm an older adult or I have a chronic health condition. What should I be doing?**

    You are considered high-risk because with this virus, most people who become severely sick are older adults and people with chronic health conditions. Stay home as much as possible, and follow the advice under "What should my family be doing?". Visit the CDC's website for specific information about how to stay safe.

- **Where can I get help to pay rent, get food, or meet other basic needs?**

    For any community resource needs you have due to COVID-19, connect with 211, a free service through United Way. Visit them online , text your zip code to 898211, or simply call 211. Depending on call volume, accessing 211 online may be faster.

- **What precautions should I take when eating take-out or delivery?**

  When picking up a take-out order or accepting a delivery, there are precautions you can take prior to eating your food to minimize your risk to COVID-19. Remove your food from the packaging and containers, place in dishes to eat, throw packaging away, and wash your hands before consuming.

How Can You Help

- **Can I donate or sell personal protective equipment?**

  Our first responders and health care workers are critically low on Personal Protective Equipment (PPE). If you have any of the items listed below, please consider donating. *Donations can be dropped off at any Racine County fire or police station anytime.* Please place donation items in the designated bin outside the front office doors. Currently being accepted:
    - N95 respirators
    - Facemasks of any kind (including dust masks, surgical masks, and others)
    - Disposable gowns
    - Hand sanitizer
    - Cleaning supplies
    - Fabric masks (Please click here for instructions)

- **Can I donate blood?**

  Yes! Due to coronavirus, many blood drives are canceled, and there is a critical shortage of blood. Visit the Red Cross's website to find a location to donate.

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Sources:
1. *www.dhs.wisconsin.gov/covid-19/index.htm*
2. *www.cdc.gov/coronavirus/2019-ncov/index.html*
3. *www.froedtert.com/sites/default/files/files/2020-03/MaskInstructions_V2.pdf*