

NOTE: QUARANTINE means that you remain at home and do not go into the community. Others should drop off items you need if at all possible. Monitor yourself for symptoms twice daily. If you develop symptoms, isolate yourself. If symptoms are severe, call ahead to seek medical care.

* Symptoms of COVID-19 include fever (100.0 or higher), cough, sore muscles, excess fatigue, shortness of breath, difficulty breathing, loss of smell/taste, and in rare instances, stomach upset.

** **Close contact** is defined by CDC as: (1) being within approximately 6 feet of a COVID-19 case for a prolonged period of time; can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case – or – (2) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

^ **Frontline Workers** include public health workers, healthcare workers, long-term care and assisted living facility workers, emergency management/EMS, fire, first response, police, daycare workers, and grocery stocking staff.

^^ Viral hotbed includes those where there is "widespread sustained community spread." As of 1 May 2020, this includes:

International Locations

Domestic Locations

Misseria Counting

ANY Cruise

China	Peru	Arizona	Nebraska	<u>Wisconsin Counties:</u>
Europe (including Italy)	Philippines	Arkansas	Nevada	
United Kingdom	Qatar	California	New Hampshire	Brown County, WI Dane County, WI Kenosha County, WI Milwaukee County, WI Ozaukee County, WI
Ireland	Romania	Colorado	New Jersey	
Iran	Russia	Connecticut	New Mexico	
Australia	Saudi Arabia	Delaware	New York	
Brazil	Singapore	Florida	North Carolina	
Canada	South Africa	Georgia	Oklahoma	Racine County, WI
Chile	South Korea	Idaho	Oregon	Rock County, WI Walworth County, WI
The Czech Republic	Thailand	Illinois	Rhode Island	
Ecuador	Turkey	Iowa	South Carolina	Washington County, WI
India		Louisiana	South Dakota	Waukesha County, WI
Indonesia	Canadian	Maine	Texas	
Israel	Provinces:	Maryland	Utah	
Japan	- Quebec	Massachusetts	Vermont	
Malaysia	- Ontario	Michigan	Virginia	
Mexico	- Alberta	Minnesota	Washington	
Pakistan	- British Columbia	Mississippi		
Panama		Missouri		

How to contact LCHD: email covid19@lacrossecounyt.org OR call 608-785-9723 OR visit https://www.facebook.com/lacrossecountyhealthdepartment