

What can I do to help prevent the spread of COVID-19?

The Department of Public Instruction (DPI) has posted detailed guidelines regarding the prevention of spreading respiratory diseases such as COVID-19. The DPI, citing the Center for Disease Control's (CDC) recommendations, notes that families can also take the following preventative actions:

- 1) Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol based hand sanitizer.
- 2) Avoid touching your eyes, nose and mouth with unwashed hands.
- 3) Avoid close contact with people who are sick.
- 4) Cover your cough or sneeze by coughing or sneezing into a tissue and then throw the tissue in the trash.
- 5) Stay home or keep your children home if sick – if you have a fever, do not return to school or work until you and/or they are fever free for 24 hours.
- 6) Clean and disinfect frequently touched objects and surfaces.

The DPI and CDC do not recommend that healthy people wear masks or gloves.

The Wisconsin Department of Health Services has been posting daily updates regarding COVID-19 to their website (<https://www.dhs.wisconsin.gov/>) for those interested in staying as up to date as possible on testing results within the state.