



# Burnett County Department of Health & Human Services

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April 24, 2020

TO: Burnett County

FROM: Burnett County Department of Health and Human Services

RE: COVID-19 Update, Information and Resources

Earlier this week, Governor Evers announced the Badger Bounce Back Program which outlines plans and measures for when Wisconsin can look to safely reopen. Please see the full plan as well as a brief on the plan here:

<https://www.dhs.wisconsin.gov/covid-19/prepare.htm>

As reported last week, Safer At Home Emergency Order #28, became effective today at 8AM. See the order and FAQ here:

[Emergency Order #28](#) and [frequently asked questions](#)

## **Burnett County Information:**

Burnett County continues to report no positive cases of COVID-19.

We encourage you to keep up to date through the Wisconsin Department of Health Services website ([www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)), as well through the CDC ([www.cdc.gov](http://www.cdc.gov)).

If you have general questions or concerns regarding COVID-19, please call 211.

## How to Protect Yourself:

# COVID-19

Tips for Staying Safe

<h3>REPORT SYMPTOMS</h3> <p><b>Let staff know how you feel</b></p>  <p>Some symptoms include fever, cough, shortness of breath, pressure in the chest, and confusion.</p>	<h3>WASH YOUR HANDS</h3> <p><b>Don't forget the soap</b></p>  <p>Wash your hands with soap for at least 20 seconds. After coming into contact with frequently touched surfaces, such as doorknobs and tables, make sure to wash your hands before touching your eyes, nose, or mouth.</p>
<h3>STRESS AND COPING</h3> <p><b>Take care of your body</b></p>  <p>Continue taking your prescribed medication, eat healthy, and drink enough water. Get plenty of sleep. Avoid alcohol and drugs.</p>	<h3>PERSONAL HYGIENE</h3> <p><b>Don't spread germs</b></p>  <p>Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.</p>
<h3>SOCIAL DISTANCING</h3> <p><b>Keep a personal radius</b></p>  <p>Stay at least six feet away from other people, including in sleeping areas. When sleeping, make sure you are head-to-toe with those around you.</p>	<h3>LIMIT NONESSENTIAL OUTINGS</h3> <p><b>Consider others</b></p>  <p>When you are out and about, you could pick up germs that could be dangerous to those around you and could make them sick.</p>

 WISCONSIN DEPARTMENT  
of HEALTH SERVICES  
9-634226 10/2/2020  
[www.dhs.wisconsin.gov/covid-19](http://www.dhs.wisconsin.gov/covid-19)

## Self-Care Resources:

Stress takes many forms. Look for these common reactions to traumatic events, now and as the COVID-19 pandemic evolves.

- Mood swings and intense feelings, including fear and worry about your own health and the health of your loved ones, sadness, anger, guilt, and disorientation

- Denial, detachment or avoidance
- Difficulty concentrating or making decisions
- Irritability, strained relationships and conflicts with family, friends and co-workers
- Changes in your normal sleep or eating patterns
- Soreness, nausea, head or stomach aches
- Elevated breathing, heartbeats, and blood pressure
- Sensitivity to unusual sounds, smells and changes in your environment
- A worsening of preexisting chronic or mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Research shows that people are resilient. With time and support, we're able to recover from adversity. It's OK to ask for help. Remember the challenges you've overcome in the past; it's good to remind yourself of your own ability to bounce back. Just remember that recovery is a process. Give yourself time to adjust, now and after the COVID-19 pandemic ends. (<https://www.dhs.wisconsin.gov/covid-19/resilient.htm>)

**Financial Resources:**

<https://fyi.extension.wisc.edu/toughtimes/covid-19-financial-resources/>