

**FOR IMMEDIATE RELEASE  
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## **HEALTH OFFICIALS IN SHAWANO AND MENOMINEE COUNTIES RESPOND TO THE COVID-19 PANDEMIC**

*Residents should follow guidelines on how to prevent the spread of illness.*

While no cases of COVID-19 (2019 Novel Coronavirus) have been confirmed in Shawano or Menominee Counties, local public health officials are urging residents to take steps to avoid illness and to prevent the spread of the virus.

“We are working with the [Wisconsin Department of Health Services \(DHS\)](#) and the [Centers for Disease Control and Prevention \(CDC\)](#) to monitor COVID-19 to prevent the spread of the illness in our communities”, said Vicki Dantoin, Health Officer for Shawano and Menominee Counties. “I urge everyone to take these guidelines seriously to protect their health, and the health of everyone around them.”

Health and safety tips include:

- Stay home as much as you can, especially if you are sick.
- Wash your hands often with soap and water.
- Practice social distancing by staying at least 6 feet away from others.
- Avoid gatherings. [Gatherings of more than 10 people are prohibited by the state during this public health emergency.](#)
- Avoid unnecessary travel.
- Cover coughs and sneezes.
- Avoid touching your face.

Signs and symptoms of COVID-19 include:

- Fever
- Cough
- Shortness of breath

These symptoms can range from few to none at all, or can be severe and possibly lead to death. The virus is thought to spread mainly from person-to-person through close contact or through respiratory droplets when an infected person coughs or sneezes.

If you were exposed to an ill person through travel or contact, we ask you to quarantine and stay home for 14 days and monitor for symptoms. [This tool can help you monitor your symptoms.](#)

If you develop symptoms such as fever, cough, shortness of breath (difficulty breathing), or other respiratory symptoms, we ask you to isolate and stay home for at least 7 days after your symptoms started AND 72 hours after fever is gone (without the aid of medication) and cough or shortness of breath has improved.

In order to protect our health care system, please always call before going to see a medical provider.

Guidelines for when it may be time to call or see your provider include:

- If you are experiencing MILD or MODERATE symptoms such as fever, runny nose, sore throat, or cough – we ask you do NOT go to the Emergency Room. Please call your health care provider before going to a clinic.
- If you are experiencing SEVERE symptoms such as difficulty breathing, shortness of breath, chest pain, confusion, or color changes – we ask you to call your doctor immediately or call the Emergency Room and let them know you may have COVID-19 so they can be prepared.
- If you are experiencing a MEDICAL EMERGENCY such as you cannot breathe, call 911 and tell them if you believe you may have COVID-19.

Testing for COVID-19 continues to be available. In order to assure that those who need testing can be tested, testing will be prioritized to those with severe illness and those who have the highest risk. You will not be tested if you do not have symptoms or as a precaution to return to work.

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