

PUBLIC HEALTH GUIDANCE



Remember these recommendations to help prevent the spread of COVID-19.

Created from the Recommendations and Guidance offered by Public Health Madison & Dane County.

1 STAY HOME

Stay home as much as possible. This means not leaving your home unless absolutely necessary. Cancel events and do not host groups, gatherings, and playdates.

2 MONITOR SYMPTOMS

There are several possible symptoms of COVID-19. Isolate yourself at home and call your doctor. If your symptoms are too severe to be managed at home, call 911 or call ahead to the emergency department.

3 PRACTICE SOCIAL DISTANCING

Shop less often. Explore your doctor's virtual visit options. Rethink social norms. Do not embrace or touch others. Leave six feet of space between people in lines. Try online ordering. Try remote options. Think through your commute if you must travel.

4 SPREAD OUT AT WORK

If you must still be at work and as space permits, work at least six feet from others. If you have an office, keep your door closed.

5 WEAR A CLOTH FACE COVER

Wear a cloth face cover if you go out in public. Cloth face covers are an additional tool to prevent people who don't have symptoms from spreading the virus. Visit the CDC website for information on how to make your own. You can also buy cloth face coverings at local stores or online.

6 AVOID TRAVEL

People should avoid all nonessential travel. Because we have community spread in Dane County, this recommendation is to lower your individual exposure and to also protect other communities where spread is not happening.

7 FOLLOW EVERYDAY PREVENTION MEASURES

- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surf

