

# CORONAVIRUS (COVID-19)

## Let's P.R.E.P.

Novel coronavirus, also known as COVID-19, continues to spread worldwide. Although there are not yet cases in La Crosse County, the Health Department is encouraging all members of our community to be ready. You can join this effort by remembering one simple word: **P.R.E.P.**

### **P is for PROTECT Yourself with Healthy Habits**



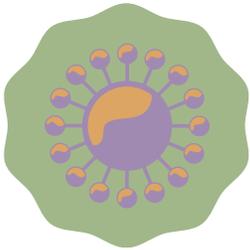
- Wash your hands often with soap and warm water for 20 - 30 seconds.
- Cover your mouth and nose when sneezing or coughing.
- Avoid touching eyes, nose and mouth.
- Stay home from work if you are sick. If your children are sick, keep them home from school or daycare. Avoid others who may be sick.
- If you have traveled recently to Iran, China, South Korea, Japan or Italy OR taken a cruise, contact us using this link or giving us a call: <https://tinyurl.com/t2u9y9e>
- Contact your health care provider if you have any questions about your health.

### **R is for READY Your Household**



If our community had to minimize public gatherings or conduct work or school from home for 2 weeks, would you be prepared? You can be! Start by putting together **two weeks worth of food, pet supplies, and medication (prescriptions and over-the-counter) for every member of your household.** Think about foods that don't spoil quickly, and about getting your prescription drugs refilled. For help, check out [ready.gov](http://ready.gov).

### **E is for EDUCATE Yourself with Reliable Sources**



The COVID-19 situation is rapidly changing. Getting your information from reliable, trustworthy sources is essential. We recommend the following resources:

- National info: [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)
- Wisconsin info: <https://www.dhs.wisconsin.gov/disease/covid-19.htm>
- Local info: [www.facebook.com/lacrossecountyhealthdepartment](http://www.facebook.com/lacrossecountyhealthdepartment) or 785-9872

### **P is for PREPARING Not Panicking**



People are buying large quantities of supplies like surgical masks and gloves. This will not help protect households, but will prevent medical providers from being safe while providing important medical care. Please do NOT buy medical supplies like masks and gloves. We recommend PREPARING, but not panicking.



**LA CROSSE COUNTY**  
**Health Department**  
Nationally Accredited



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