

CITY OF DE PERE HEALTH DEPARTMENT

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Dear City of De Pere Resident(s),

The COVID-19 activity in our city, county, region, and state is currently **VERY HIGH**. There has been a **500% increase** in the number of *active* COVID-19 cases **within the city limits of De Pere** since September 1<sup>st</sup>, 2020. The local and state health departments are overwhelmed and our hospital systems are stressed. We need your help to improve our present situation. Here are some important ways that **YOU can be part of the solution to stop the spread**:

Take everyday preventive actions such as washing your hands often, covering your mouth and nose with a mask when around others, socially distancing, and disinfecting frequently used surfaces.

Limit gatherings: The WI Department of Health Services (DHS) released recommendations for the different levels of COVID-19 activity. VERY HIGH activity indicates limiting gatherings to outdoors only with 10 people or less and to consider not gathering indoors at all with non-household members until the COVID-19 activity/risk level lessens.

STAY HOME and get tested if you have any symptoms of COVID-19 or if you are a close contact to someone with COVID-19. To find a testing site near you, visit one of the sites below or call your preferred health system.

Answer the phone! Your medical provider, school, work, or the local/state health department may be trying to get ahold of you about test results, updates, or to notify you that you have been identified as a close contact.

Notify your close contacts if you test positive for COVID-19 (or collect names and phone numbers if you are not comfortable doing so). With the current surge in cases, it may be up to a week before either the De Pere Health Department or WI DHS (state health department) is able to call you for contact tracing. Close contacts are anyone you had direct contact with or were within 6ft of for more than 15 minutes (regardless of masking) in the **2 days** prior to your symptoms starting until the **10 days** after (if you do not have symptoms, use the date you were tested). Those people should STAY HOME for **14 days** following the last date they were exposed to you *even if they test negative* in that time. Household members may continually be exposed if unable to separate in the home and, if unable to STAY HOME for **14 days** after the positive family member's isolation ends.

Take care of yourselves and each other. Be kind and supportive. Follow the "the 3 goods" (good-for-you foods, a good night's sleep, and a good amount of exercise). Monitor your overall physical and mental health.

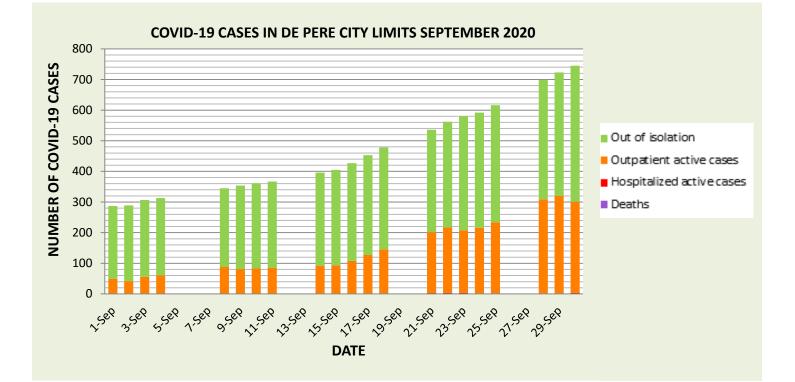
Do your research. Visit these sites to learn more about COVID-19 and the actions you can take: <a href="https://www.stayhealthyBC.com">www.stayhealthyBC.com</a> OR <a href="https://www.dhs.wisconsin.gov/covid-19">https://www.dhs.wisconsin.gov/covid-19</a> OR <a href="https://www.dhs.wisconsin.gov/covid-19">www.cdc.gov/covid-19</a> OR <a href="https://www.dhs.wisconsin.gov/covid-19">www.dhs.wisconsin.gov/covid-19</a> OR <a href="https://www.dhs.wisconsin.gov/covi

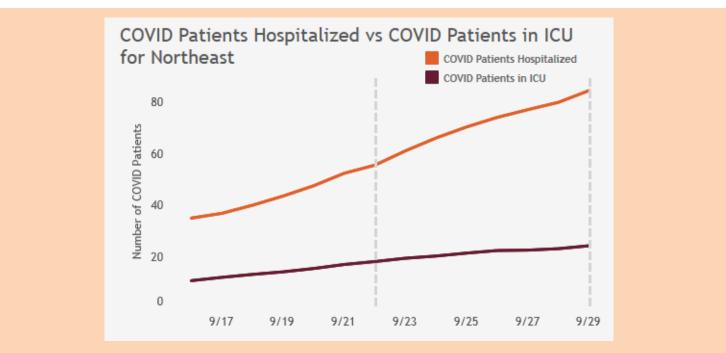
Spread the word to stop the spread. Encourage friends, family, and neighbors to take these steps as well.

## Thank you and stay healthy!



WI DHS COVID Activity Level 9/16-9/30/2020: https://www.dhs.wisconsin.gov/covid-19/disease.htm





WI DHS COVID Hospital Capacity 9/16-9/29/2020: https://www.dhs.wisconsin.gov/covid-19/capacity.htm