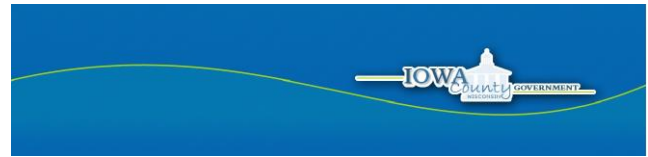


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For Immediate Release

Iowa County Health Department

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COVID 19 Update: Fourth Positive Case Announced; Guidance regarding Cloth Face Coverings

Iowa County – The Iowa County Health Department announces that a fourth lab confirmed case of COVID 19 has been identified in Iowa County. The person, in their 80's, is not hospitalized and is self-isolating at home.

Iowa County Health Department maintains contact with all confirmed cases per state guidelines. The Health Department reaches out to those who may have had close contact to each confirmed case and assists in actively monitoring their health while they are under quarantine. There are likely more cases than can be confirmed with a lab test due to the current testing criteria/capacity. It is critical that residents understand that if you leave your home you should assume you will come in contact with COVID 19. Continued strict adherence to the Safe at Home Order is very important.

Newly released guidance on public use of cloth face coverings in public settings.

The Wisconsin Department of Health Services (DHS) has posted information for the public about the use of cloth face coverings on the [Avoid Illness page](#) of the [DHS COVID-19 website](#) under the "Should I wear a cloth face cover?" accordion.

This guidance reminds the public that our best defense against COVID-19 is washing our hands frequently; avoiding touching our eyes, nose and mouth with unwashed hands; avoiding being around sick people; and physically distancing by staying at home. This guidance should help answer some common questions that you may have regarding if, and when, you should wear a cloth face cover. Please note, cloth face covers are not a substitute for physical distancing and handwashing.

When should I wear a cloth face cover?

- You should wear a cloth face cover when you are outside the home conducting essential activities such as going to work, to the grocery store, pharmacy, banking and enjoying outdoor activities while maintaining physical distancing.
- If you are sick (have a cough or are sneezing) or have seasonal allergies you need to wear a cloth face cover when around other people to protect them from your sneezes.

Wearing a cloth face cover may be beneficial as it may help to protect others from germs you may be spreading without knowing it. Using a cloth face cover is preferable because that allows more surgical masks and respirators to be used by health care providers and other first responders.

How effective are cloth face covers at preventing the spread of the virus?

- There is limited evidence to suggest that use of cloth face coverings by the public during a pandemic could help reduce disease transmission. Their primary role is to reduce the release of infectious particles into the air when someone speaks, coughs, or sneezes, including someone who has COVID-19 but feels

well. Cloth face coverings are not a substitute for physical distancing and washing hands and staying home when ill, but they may be helpful when combined with these primary interventions.

How should I wear a cloth face covering?

To wear, keep these things in mind:

- Before putting on a face cover, clean your hands with soap and water or an alcohol-based hand rub.
- Make sure it covers your mouth and nose with no gaps between your face and the face cover.
- Do not touch your face cover while wearing it; if you do, clean your hands with soap and water or an alcohol-based hand rub.
- Replace the face cover with a new one as soon as it is damp.
- Always wear your cloth reusable face cover with the same side facing outwards.

Keep in mind that a face cover does not provide full protection. Remember to continue to do the following:

- Clean your hands frequently with soap and water or an alcohol-based hand rub.
- Continue staying at least 6 feet away from other people.
- Continue following the recommendations for social distancing: avoid crowds, stay at home as much as possible, and just leave for essential tasks (e.g. work, grocery shopping, going to the doctor, getting medications).

How should I clean my cloth face cover? It's a good idea to wash your cloth face covering frequently, ideally after each use, or at least daily. Have a bag or bin to keep cloth face coverings in until they can be laundered with detergent and hot water and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face.

How can I make a cloth face cover? If you need a cloth face cover but do not have access to one, you may be able to make your own by sewing one. There is no standard design for homemade cloth masks, but there are many patterns and instructions online.

If making your own cloth face cover, keep the following in mind:

1. Build a mask that tightly encloses the area around the nose and mouth, from the bridge of the nose down to the chin, and extending onto the cheek beyond the corners of the mouth, so no gaps occur when talking or moving.
2. Use mask material that is tightly woven but breathable. Possibly double-layer the fabric.
 - Masks must be made from washable fabric.
 - Choose a fabric that can handle high temperatures and bleach without shrinking or otherwise deforming.
3. The mask should be tolerant of expected amounts of moisture from breathing.
4. Suggested materials- outer layer tea cloth, inner layer of a microfleece to wick away moisture, and an inner tea cloth layer. Use an accordion fold to mimic a hospital mask as much as possible and use a fat woven shoelace type material to bind the sides (such as quilt binding). For straps, use elastic straps that loop behind the ears.

Online instructions and patterns:

- Froedtert & Medical College of Wisconsin: [Hand-Sewn Mask Instructions](#)
- MakeFaceMasks: <https://makefacemasks.com/>
- The Turban Project: <https://turbanproject.com/patterns>
- SewGoodGoods.org: <https://www.sewgoodgoods.org/face-mask-covid-19>
- Deaconess Health System: [How to and a video](#)
- Providence Health System: [How to and video](#)
- YouTube: [How to sew a simple Fabric Face Mask](#)
- Allina Health: [How to make a facemask](#)

- Joan Glass: [Face Mask Directions](#)
- Facemask: [A picture tutorial](#)
- DIY: [Cloth Face Mask](#)

More info at the CDC': <https://www.cdc.gov/.../prevent-getting.../cloth-face-cover.html>

FAQ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

Case Update

4 Positive Test Results in Iowa County
129 Negative Test Results in Iowa County
2,440 Positive Test Results in Wisconsin
26,574 Negative Test Results in Wisconsin
668 (27%) Hospitalizations
77 Deaths in Wisconsin

For a broader picture of the number of cases and a new feature which details the data further, see <https://www.dhs.wisconsin.gov/outbreaks/index.htm>

Announcements

- [Upland Hills Health Hospital and Clinics:](#)
 - Updated 4/3 - No Visitor or Gift Policy at Hospital and Nursing & Rehabilitation Center
 - Effective 3/30 - UHH Clinics in Dodgeville, Mineral Point and Mt. Horeb are open 9 AM-3 PM Monday-Friday.

Important Sources of Information

- **211 Wisconsin** is an easy and helpful resource for COVID 19 questions. Simply call 211 from your phone <https://211wisconsin.communityos.org/>
- For localized information:

Please monitor the following Social Media sites:

Iowa County Public Health on Facebook - <https://www.facebook.com/iowacountyhealthdepartment/>

Upland Hills Health on Facebook - <https://www.facebook.com/UplandHillsHealthHospital/>

Iowa County Emergency Management on Twitter - <https://twitter.com/ICEMWI>

Iowa County Emergency Management on Facebook - <https://www.facebook.com/icemwi/>

Monitor the following websites:

Iowa County COVID 19 <https://www.iowacounty.org/>

Upland Hills Health <https://www.uplandhillshealth.org/patient-visitors/covid-19-novel-coronavirus-information/>

WI Department of Health Services (DHS) <https://www.dhs.wisconsin.gov/outbreaks/index.htm>

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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