

## Resources to stay up to date on the latest COVID-19 News



[CDC COVID-19 USA Outbreak](#)



[Wisconsin Department of Health Services COVID-19 Page](#)



**Public Health**  
Prevent. Promote. Protect.  
City of Menasha  
Health Department  
[City of Menasha COVID-19 Resource Page](#)

Wisconsin Case Count:  
155

Newest Updates from Wisconsin DHS and Governor's Office:  
<https://www.dhs.wisconsin.gov/outbreaks/index.htm>


## What is COVID-19 and what are the symptoms?

Coronaviruses are a large family of viruses that cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases. COVID-19 is a disease caused by a novel (new) coronavirus.

The following symptoms may appear 2-14 days after exposure:

- Fever (>100.4)
- Cough
- Shortness of breath

## Do I have COVID-19, a cold or the flu?

	 <b>COVID-19</b>	<b>Cold</b>	<b>Flu</b>
SORE THROAT	Sometimes	Common	Common
COUGH	Common	Common	Common
SNEEZING	—	Common	Sometimes
FEVER	Common	—	Common
BODY ACHES	Sometimes	Mild	Common
TIREDNESS	Sometimes	Mild	Common
HEADACHE	—	—	Common
RUNNY/STUFFY NOSE	—	Common	Sometimes
NAUSEA	—	—	Sometimes
SHORTNESS OF BREATH	In severe cases	—	—

## What should I do if I think I may have symptoms of COVID-19 or have been exposed to someone who tested positive for COVID-19?

- Contact your physician. (Please note that testing is being limited to those for whom a diagnosis is MOST critical.)
- Please call ahead to prevent the spread of disease.
- Consider virtual care such as telemed or virtual care provided by your physician.
- Follow the recommendation of your provider as to when to return to work.

## What happens if I don't have COVID-19, but I'm still sick?

- Stay home if you are sick!
- Employees should remain at home and not come to work until they are free of fever and any other symptoms for at least 24 hours without the use of fever-reducing medications.
- Contact your physician as you feel necessary and follow any additional recommendations as to when to return to work.

## Tips to stay healthy in the workplace!

- This is a critical time to practice good hand hygiene etiquette, especially when coughing or sneezing.
  - Cover your mouth and nose with a tissue when you cough or sneeze.
  - Put your used tissue in a waste basket.
  - If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Remember to [wash your hands](#) after coughing or sneezing.
- Practice social distancing (staying out of crowded places, avoiding group gatherings and maintaining a distance of 6 feet from others when possible).
- Regularly clean and sanitize your workspace.

## What if I am planning to travel?

- Travel guidance is constantly changing. Please see this link for the most up to date travel guidance: <https://www.dhs.wisconsin.gov/covid-19/travel.htm>