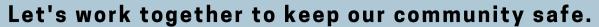
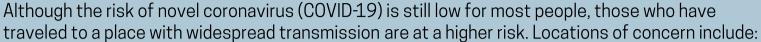
You had a great trip...

NOW HAVE A SAFE RETURN.







China, South Korea, Iran, Japan, any cruise ships, and Europe. Locations of concern within the U.S. include the states of Washington, New York, and California.

Map of U.S. States reporting cases of COVID-19: https://bit.ly/2TKgkrY

If you have returned or will soon return from one of these places, or think you were exposed to COVID-19, the La Crosse County Health Department is asking you to take the following steps.

How to be S.A.F.E. when you come back

S is for STAY Home For two weeks after your trip, stay home from work/school. Do not visit people who are elderly or have a weak immune system. F is for FOLLOW-UP with Us Share your travel history with us through this form for additional info: https://tinyurl.com/t2u9y9e

LA CROSSE COUNTY Health Department

A is for ASSESS Your Health For those two weeks, assess your health by watching for these signs/symptoms:

Fever (100.4°F/38°C or higher)

Tiredness

Less common:

♠ → Difficulty breathing Sore throat

E is for ENSURE Public Health

Ensure others stay healthy by helping us prevent the spread of illness.

- Wash hands often.
- Cough/sneeze into your elbow.
- Don't touch your eyes, nose, or mouth.
- Clean objects and surfaces often.
- Contact your health care provider with questions.

What should you do if you get symptoms?

CALL YOUR HEALTH CARE PROVIDER **BEFORE YOU GO IN**

- If you have difficulty breathing, go to the E.R.
- Call us to tell us about your symptoms. During business hours: (608) 785-9723 After hours: (608) 782-7575

How to learn more:

www.cdc.gov/COVID19

Have questions? Ask us at:

FACEBOOK.COM/LACROSSE COUNTYHEALTHDEPARTMENT





