

# You had a great trip... **NOW HAVE A SAFE RETURN.**



LA CROSSE COUNTY  
Health Department  
Nationally Accredited



## Let's work together to keep our community safe.

Although the risk of novel coronavirus (COVID-19) is still low for most people, those who have traveled to a place with widespread transmission are at a higher risk. Locations of concern include:

**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

### 1 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.

### 2 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)



Cough



Tiredness

Less common:



Sore throat



Difficulty breathing

### 3

### F is for **FOLLOW-UP** with Us

Share your travel history with us through this form for additional info:

<https://tinyurl.com/t2u9y9e>

### 4

### 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](http://www.cdc.gov/COVID19)

**Have questions?  
Ask us at:**

**FACEBOOK.COM/LACROSSE  
COUNTYHEALTHDEPARTMENT**

