

Everyone is Safer at Home

Staying at home and limiting physical contact between people is the best strategy to slow the spread of COVID-19, and it is saving lives. Wisconsinites need to continue this work to keep flattening the curve.

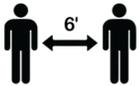
To protect yourself, your family, and your community, follow the recommendations listed below:



Stay at home as much as possible.



Go out only for essentials. Limit your travel to essential needs, for example, going to the doctor, getting groceries, or picking up medication.



Practice physical distancing by minimizing contact with people and keeping at least six feet between you and others, even if you are feeling well.



Avoid social gatherings with people of all ages.



Avoid travel.



Wash your hands often and practice good hygiene.

If you develop fever, cough, have difficulty breathing, or need medical care:

1. **Contact your doctor** to report your symptoms and to see if you need medical care. Do not go to your doctor's office without contacting them first.
2. **Stay home** unless you need emergency medical attention. Isolate yourself from others in your home, practice good hand hygiene, sanitize surfaces in your home, and wear a facemask if you need to be around other people.

