Everyone is Safer at Home

Staying 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.