

COVID-19 Precautions

Protect our Community from COVID-19

Despite the overturned Safer at Home order, the risk for COVID-19 remains high. Continue to practice social distancing (stay at least 6 feet or 2 arms' length from other people), along with following these recommendations from our local Health Department



La Crosse County Health Department continues to recommend:

- Stay at home as much as possible.
- Minimize physical contact with anyone outside of your household.
- Wash your hands frequently and avoid touching your face.
- Wear a fabric face covering when you must be in public.

Additionally, the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).

How to Wear a Cloth Face Covering



Cloth face coverings should—

- cover nose and mouth completely
- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

To safely remove a used cloth face covering, individuals should be careful not to touch their eyes, nose, and mouth. **Remember to wash hands immediately after removing.**

Cloth face coverings should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a face covering.