



North Shore Health Department Public Briefing

November 3rd, 2020 as of 4:30 p.m.

Many people are impacted by stress and fear brought on by both the election and COVID-19. Everyone reacts differently to stressful situations, but healthy coping mechanisms can help alleviate the anxiety you are feeling and improve your mental health and well-being.

- Stay connected and informed but take time to disconnect by turning off the news or stepping away from social media.
- Find something you enjoy doing that will help you relax and take your mind off of things, such as cooking, reading, listening to music or connecting with friends and family virtually.
- Relax your body through stretching or exercising, meditation, or spiritual activities.
- Eating healthy and getting enough sleep are also very important for your mental and emotional health.
- Avoid turning to negative outlets, such as alcohol or drugs, and follow the above tips when trying to cope or relieve stress.

Find great resources on the [Center for Health Minds website](#).

Other resources for those impacted by COVID-19: <https://www.dhs.wisconsin.gov/covid-19/help.htm>



COVID-19 Cases to Date

North Shore (Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood & Whitefish Bay) - as of November 3rd Changes from 11/2. This data is also available on our [website](#).

2,042 Cumulative Confirmed Cases* (+72)

**Confirmed with PCR test.*

426 active cases (+29)

1,593 recovered cases (+43)

23 deaths (+0)

64 Antigen Positives (+4)**

***Positive with rapid-antigen test.*

28 active antigen positives

36 recovered cases

Cumulative Confirmed Cases by Community

Bayside	135
Brown Deer	450
Fox Point	176
Glendale	530
River Hills	44
Shorewood	354
Whitefish Bay	353

The antigen positives may be confirmed with a PCR test – if the PCR test is positive, they are added to the confirmed cases. If the PCR test is negative, they are no longer considered antigen positive.

Milwaukee County (as of November 3rd – changes from 11/2)

44,945 Cumulative Confirmed Cases (+916)

324,693 negatives (+2,433)

599 deaths (+5)

Wisconsin (as of November 3rd – changes reported by WI DHS)

238,067 Cumulative Confirmed Cases (+5,771)

50,689 active cases

1,861,962 negatives (+15,344)

2,102 deaths (+52)

11,844 ever hospitalized (+247) Percent ever hospitalized = 5.0%

More Wisconsin COVID-19 data: [Click Here](#)

National Disaster Distress Helpline

Speak to a trained counselor
800-985-5990 / 800-846-8517 (TTY)

National Suicide Prevention Lifeline

Speak to a trained counselor
800-273-8255

HOPELINE Text Service

Connect with someone who cares
Text HOPELINE to 741741

You can also talk to your doctor about concerns regarding your mental health.