



April 8th, 2020 Update on COVID-19 (as of 4:30 pm)

The Centers for Disease Control and Prevention (CDC), the Wisconsin Department of Health Services (WI DHS) and the North Shore Health Department (NSHD), along with other local health departments are responding to an outbreak of respiratory disease caused by a novel coronavirus, COVID-19. For the most current information, visit the [CDC's website](#) or our [website](#).

As the North Shore Health Department, we are currently monitoring 31 active cases, and we are also providing active monitoring for high-risk contacts of confirmed cases with daily phone calls. We have triaged and processed many suspect cases and/or contacts, and performed several large contact investigations, which involves notifying the contacts of their potential risk and educating them on self-quarantine guidelines. We are also managing several active cases in Milwaukee to assist the Milwaukee Health Department.

Nurturing your spiritual health during the Safer at Home Order: Faith-based organizations and places of worship are closed under the Safer at Home order in an effort to limit gatherings of people and person-to-person contact to protect the health and safety of all Wisconsinites. This closure is not a statement against the essential nature of faith and fellowship, but instead a precautionary measure to stop the spread of COVID-19.

COVID-19 Cases to Date
<p>North Shore (includes Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood, Whitefish Bay - as of April 8th, 2020)</p> <p>76 Cumulative Confirmed Cases</p> <p>31 active cases being managed and monitored</p> <p>41 cases resolved - people have recovered and been removed from isolation by NSHD</p> <p>3 deaths</p> <p>1 transfer out of state</p>
<p>Milwaukee County (as of April 8th, 2020)</p> <p>1,417 Cumulative Confirmed Cases (+94)</p> <p>54 Deaths (+5)</p>
<p>Wisconsin (as of April 8th, 2020)</p> <p>2,756 Cumulative Confirmed Cases (+178)</p> <p>30,155 People with Negative Results (+1,643)</p> <p>99 deaths (+7)</p>



Mental and physical health are important during #SaferAtHome, and so is spiritual health.

You can safely be spiritual during the COVID-19 pandemic by:

- Viewing or listening to almost any form of spiritual service at home.
- Praying, being mindful, or meditating individually or as a family.



It is especially important during this time to stay connected with your place of worship and continue to nurture your faith and spirituality within your home. Suggestions to do so include taking time to meditate or pray individually or as a family; and view or listen to religious services through television, radio, online video recordings, live streams, or podcasts. Reach out to your religious or spiritual leaders to learn about other ways you can practice from your home. This is a trying time for our head, heart, and soul. Spiritual practices provide hope and a source of strength and social connectedness. We are asking everyone to stay at home because we know that it is the one thing we can all do together to keep our loved ones safe. People across the state are making the incredible sacrifice to stay at home when it is often very difficult to do so. We know this isn't easy, and we appreciate everyone's sacrifice today to save lives tomorrow.

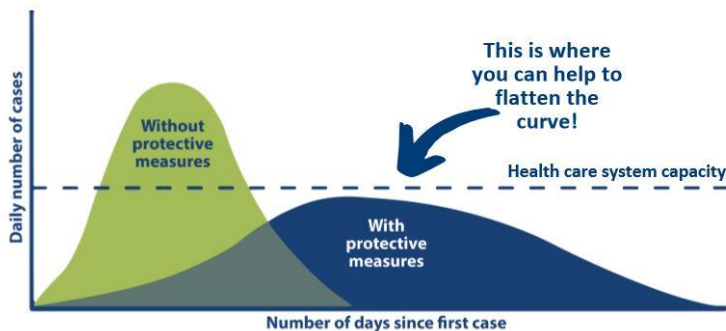
Community transmission of COVID-19 is occurring in the communities of the North Shore:

Everyone should assume they could be at risk of exposure to COVID-19 when out in public settings. The NSHD highly recommends, under the guidance of the WI Department of Health Services (DHS) and the CDC, that North Shore residents *stay home* unless it is absolutely necessary to leave for essential functions, such as grocery shopping, pharmacy visits or medical appointments.

When conducting essential tasks, take the proper precautions to reduce your risk and prevent further spread:

- Keep 6 feet of physical distance between yourself and others.
- Wash your hands frequently with soap and warm water. Hand sanitizers of at least 60% alcohol should be used in situations where soap and water are not available.
- Wear a cloth face covering to keep infectious particles from entering the air when you speak, cough or sneeze. For more information on cloth face coverings and tips on making your own: [DHS](#) and [CDC](#)
- Clean and disinfect surfaces before you touch, such as shopping carts and basket handles.
- Avoid touching your eyes, nose and mouth.

You could be sick with COVID-19 and not even know it. The infectious period begins approximately 2 days before symptoms appear, meaning you can get others sick before you are actually feeling unwell. Some cases of COVID-19 have had no symptoms at all or only displayed minor symptoms.



Even if you do not feel sick it is important to take the necessary precautions, as you may be unknowingly spreading the virus. Community transmission in the North Shore can be reduced if everyone acts as if they could be spreading the virus to others AND everyone assumes they are at risk of being exposed every time they are out on public. Please do your part to flatten the curve and *just stay home!*

This is a rapidly evolving situation and we encourage you to frequently monitor the [DHS website for updates](#), as well as the [NSHD website](#). Additional information on COVID-19 can be found on the [CDC website](#).