

## July 27th, 2020 as of 5:00 p.m.

Local Face Mask Requirements:

Brown Deer Resolution: Click Here Glendale Resolution and FAQ: Click Here Shorewood Ordinance: Click Here Whitefish Bay Ordinance and FAQ: Click Here

Managing Stress and Adapting to Change: It is normal to be experiencing ongoing stress and anxiety due to COVID-19. We have all had to adapt in different ways to keep ourselves, our families and our communities safe. These changes and the uncertainty that we still face can cause a mix of emotions. including stress, anger and fear. If you or your family members are feeling overwhelmed or stressed, take a step back and make time to care for yourself and them:

- Move your body! Get outside and get some • exercise or find a space in your home to move and stretch.
- Do something you enjoy or find a new hobby. •

## COVID-19 Cases to Date

North Shore (Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood & Whitefish Bay - as of July 27<sup>th</sup>, 2020) This data is also available on our website. (Changes from 7/24)

## 605 Cumulative Confirmed Cases (+36)

152 active cases being managed and monitored (-2)

437 recovered (+38)

15 deaths (+0)

1 transfer out of our jurisdiction (+0)

For more North Shore data: Click Here

Milwaukee County (as of July 27th, 2020 - changes from 7/26)

18,302 Cumulative Confirmed Cases (+162)

158,495 negatives (+1,094)

427 deaths (+0)

COVID-19 Activity Level in Milwaukee County = High (Link)

**Wisconsin** (as of July 27<sup>th</sup>, 2020 - changes from 7/26)

49,417 Cumulative Confirmed Cases (+590)

9.873 active cases

823,905 negatives (+6,356)

893 deaths (+1)

- Connect with your friends and family virtually, but do not overwhelm yourself with social media posts and news about COVID-19. Avoid information overload, especially from unreliable sources, as this can cause additional stress.
- Talk through your stress and worries with trusted friends or family, a support group, or a mental health • professional.
- Reduce your risk of exposure to COVID-19, as this can help alleviate your anxiety by knowing you are taking precautions to keep yourself healthy.

Additional resources for managing stress can be found on the WI DHS Resilient Wisconsin website. Helplines, hotlines and virtual meetings are available here.

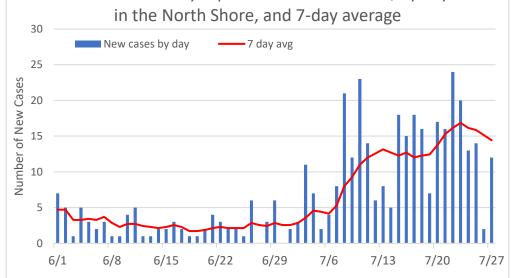
This graph shows the number of new cases of COVID-19 by day in the North Shore, along with the 7day average of the number of new cases per day. We have observed a rapid increase in the number of new cases per day since early July.

For more North Shore data: Click Here



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Number of newly reported COVID-19 cases, by day

Instagram: nshealthdept Twitter: NSHealthDept