



North Shore Health Department Public Briefing

September 24th, 2020 as of 4:00 p.m.

How to combat “zoom fatigue”

Now as more people are working from home or doing virtual school, we face a whole new set of problems. Many people are now spending long amounts of time behind the screen for meetings and social get togethers. This can be exhausting, but there are a few tips to help combat “zoom fatigue”:

- Establish meeting free time blocks in your day
- Schedule all meetings for one single day or designate a no meeting day
- Reduce some calls by switching to text-based communication if possible
- Schedule breaks – get up and move around
- Turn your camera off if possible – this can help keep distractions to a minimum
- Avoid multitasking
- Schedule shorter meetings to allot yourself a few minutes to stretch or move around between meetings
- Consider investing in a standing desk – this way you can alternate between standing and sitting
- Stay active and avoid screens during the time you are not working or in school

Community	COVID-19 Burden (total number of cases per 100,000 in the last two weeks – 9/10 to 9/23)	Burden Status (based on DHS criteria)
Bayside	251 per 100,000	High
Brown Deer	142 per 100,000	High
Fox Point	164 per 100,000	High
Glendale	225 per 100,000	High
River Hills	251 per 100,000	High
Shorewood	129 per 100,000	High
Whitefish Bay	241 per 100,000	High
TOTAL North Shore	197 per 100,000	High

COVID-19 Cases to Date

North Shore (Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood & Whitefish Bay) - as of September 24th Changes from 9/23. This data is also available on our [website](#).

1,037 Cumulative Confirmed Cases (+15)

112 active cases (+7)

905 recovered cases (+8)

19 deaths (+0)

1 transfer out of jurisdiction (+0)

North Shore data: [Click Here](#)

Cumulative Confirmed Cases by Community

Bayside	59
Brown Deer	250
Fox Point	91
Glendale	264
River Hills	19
Shorewood	177
Whitefish Bay	177

Milwaukee County (as of September 24th - changes from 9/23)

27,672 Cumulative Confirmed Cases (+316)

248,874 negatives (+836)

525 deaths (+0)

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

Wisconsin (as of September 24th - changes from 9/23)

108,324 Cumulative Confirmed Cases (+2,392)

16,315 active cases

1,371,070 negatives (+10,887)

1,265 deaths (+6)

6,897 ever hospitalized (+76) – Percent ever hospitalized = 6.4%

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

