

North Office

3328 U.S. Hwy 51 N
Janesville, WI 53545-0772
Mailing Address:
PO Box 1088
Janesville, WI 53547-1088

608-757-5440
608-758-8423 (fax)



Public Health

www.co.rock.wi.us/publichealth

South Office

61 Eclipse Center
Beloit, WI 53511

608-364-2010
608-364-2011 (fax)

NEWS RELEASE

To: Local Media
From: Marie-Noel Sandoval, MPH, Health Officer
Date: March 20th, 2020

COVID-19 Daily Update

As of today, there are 206 confirmed positive cases of COVID-19 in the State of Wisconsin, with one case already recovered. There are two confirmed positive cases in Rock County. Statewide, three individuals have died due to complications related to COVID-19.

Please visit <https://www.co.rock.wi.us/publichealth-familycommunity/publichealth-communicabledisease/coronavirus-disease-2019> to view the Daily Rock County COVID-19 Update.

Rock County Public Health Department Disease Investigation Process

When a Rock County resident tests positive for any infectious disease, including COVID-19, the Rock County Public Health Department's nurses start investigating by verifying with the medical provider who ordered the test that it is indeed a positive and that they have communicated the results to the patient. The nurse will then contact the patient and obtain information on close contacts. If the patient is in home-isolation they will be provided with guidance on home-isolation practices. Close contacts of the person who tested positive, within the time period that they may have been contagious, will also be contacted and provided with guidance on home quarantine practices.

RCPHD nurses will stay in contact with confirmed cases of COVID-19 until it is decided that it is safe that they discontinue isolation. The timeline for discontinuing isolation is going to be different for each individual depending on many factors. Every situation will be assessed and guidance will be provided to that individual from their medical provider and RCPHD staff. Ever after discontinuing isolation, all residents are expected to comply with any state orders and social distancing recommendations.

Isolation versus Quarantine

The difference between isolation and quarantine has to do with whether or not the individual has confirmed disease. Anyone that is a confirmed cases must be isolated. Anyone that has a known exposure to a positive case, or is awaiting test results is quarantined. If a quarantined individual is tested and confirmed to have disease, they

would then be in isolation. Very often these two terms are used interchangeable; which is not accurate and can cause confusion. For more information please visit: <https://www.cdc.gov/quarantine/index.html> and <https://www.dhs.wisconsin.gov/covid-19/index.htm>

Exercise and Fresh Air

Spending time outdoors is good for both physical and mental health. It's a great strategy to help reduce stress and anxiety all the time, but can be especially beneficial during a time of public health emergency.

The Wisconsin Department of Natural Resources, under the guidance of the Wisconsin Department of Health Services, has announced that Wisconsin State Parks and Trails will remain open to the public. For the full press release from the Wisconsin DNR, please visit <https://dnr.wi.gov/news/releases/article/?id=506>

Please continue to follow social distancing guidance, and orders on gathering size restrictions; but take advantage of the wonderful resources all around.

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