

Welcome Back to Wisconsin,

We understand the past couple of weeks have been a difficult and challenging time for you and for your families. We are glad you are back and we have been working with your local health departments to support you as you return to your homes. This is a rapidly evolving and dynamic situation and we thank you for your perseverance, understanding and patience as the response to changing conditions has unfolded during this time. The Department of Health Services has provided resources for you in a welcome packet. Included in the folder are the following:

- Your local health department contact information
- 14 day symptom monitoring sheet with self-quarantine and self-monitoring guidelines
- COVID-19 frequently asked questions
- General respiratory illness one page fact sheets
- SAMHSA Disaster Distress Hotline brochure

You will now enter the next phase of the quarantine process. A quarantine is a preventive step to help stop the spread of diseases. It is the isolation of people who are not sick, but who were exposed to a disease and have the potential to become sick. People are quarantined during the time they might become sick. For COVID-19, most people will become sick within 14 days of their exposure if they were infected. Quarantining yourself while you are not sick allows you to limit the number of people you have contact with in the event you become sick. This means you limit the number of people who could become sick from having contact with you because sometimes people can spread a disease before they know they are sick.

Please follow the following guidelines as you enter the next 14 days of self-quarantine:

- Before you leave Volk Field, please fill out and sign the self-monitoring questionnaire.
- A representative from your local public health department will be contacting you daily to monitor symptoms. You should also keep track of your symptoms on the attached monitoring sheet.
 - If you misplace your sheet, a new one can be printed out here:
<https://www.dhs.wisconsin.gov/library/p-02598a.htm>
- **If you develop a fever, cough, have difficulty breathing, or need medical care while on self-quarantine:**
 - Contact your local health department. If you require medical assistance your local health department will tell you how to get to a doctor if an ambulance is not required. DO NOT use public transportation, ride sharing, or taxis.
 - If possible, wear a mask if you need to be around people.
 - Cover your mouth and nose with a tissue when you cough and sneeze.

If you need emergency medical attention at any time during the 14 days after your return, call 911 and let them know that you may have been exposed to COVID-19 during your recent travel and are under quarantine.

Thank you again for your cooperation,

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