



Wausau Wellness Challenge: Cream the Coronavirus!



Hello! We wanted to reach out as parents and community physicians to provide some information on the COVID-19 pandemic that is closing local schools and businesses. We offer a 2 week challenge so YOU can help our community. Together we can do this!

What is COVID-19 and why is it important?

COVID-19 is a new virus that has never infected humans before. Unlike other epidemic headlines in the past, COVID-19 can be easily passed from person to person. About 10% of infections are caused by people who don't feel sick at all yet. COVID-19 is more contagious than the regular flu. With COVID-19 infection, about 80% of people will have no symptoms or only feel like they have a usual cold. About 15% will have symptoms similar to seasonal flu, fever and dry cough are most common. About 2-5% will need to be hospitalized. If everyone gets sick at the same time, we may not have enough hospital beds or ventilators to care for them. This also means if you need surgery to fix a broken bone, treat appendicitis, or other emergency, then our hospitals may not have medical supplies, ventilators, or operating rooms available to do your emergency treatment.

Why is it important to slow the spread of the virus in Central Wisconsin?

If we can slow the spread of the virus, then the small percentage of patients who are seriously ill and need ventilators/ICU care are spread out over time and able to access care.

What can I do?

If you have fever or cough, then call the COVID-19 local hotline at 1-844-568-0701, Monday-Friday 7a-7p, Saturday and Sunday 8a-5p. Stay home until otherwise advised.

If you are feeling well, then follow national recommendations for "social distancing" ESPECIALLY FOR THE NEXT 2 WEEKS. These strategies GREATLY slow the spread of the virus. None of us have done social distancing so we're all learning together!

We recommend:

- Stay home as much as you can
 - No restaurants or bars
 - No social gatherings – kids play dates, birthday parties, extended family dinners, etc.
 - No large public spaces – playgrounds, malls, museums, churches, etc.
- Hand washing for 20 seconds before you eat, before you touch your face, when you get home
- Avoid touching your face
- No hugs or handshakes. Keep 6 feet between you and others, except those in your house.

Together we can make a difference for Central Wisconsin! Please join us in committing to the "Cream the Coronavirus" challenge for the next 2 weeks!

Additional information if you are interested:

Here's an article on this from the Atlantic describing Italy's experience with COVID-19 <https://www.theatlantic.com/ideas/archive/2020/03/who-gets-hospital-bed/607807/> Their conclusion: Cancel everything. Now.

"Two weeks ago, Italy had 322 confirmed cases of the coronavirus. At that point, doctors in the country's hospitals could lavish significant attention on each stricken patient.

"One week ago, Italy had 2,502 cases of the virus, which causes the disease known as COVID-19. At that point, doctors in the country's hospitals could still perform the most lifesaving functions by artificially ventilating patients who experienced acute breathing difficulties.

"Today, Italy has 10,149 cases of the coronavirus. There are now simply too many patients for each one of them to receive adequate care. Doctors and nurses are unable to tend to everybody. They lack machines to ventilate all those gasping for air." This was published March 11. As of today on Johns Hopkins counter, Italy has confirmed 21,980 cases.

Here's an article on this from NPR on WHY to do social distancing:

<https://www.npr.org/sections/health-shots/2020/03/13/815502262/flattening-a-pandemics-curve-why-staying-home-now-can-save-lives>. Its a tale of 2 cities with 1918 flu, Philadelphia didn't do much at first indicators of pandemic flu. St Louis immediately closed schools, encouraged social isolation, encouraged hand washing.

"As a result, St. Louis suffered just one-eighth of the flu fatalities that Philadelphia saw, according to that 2007 research. But if St. Louis had waited another week or two to act, it might have suffered a fate similar to Philadelphia's, the researchers concluded."

Here's some articles on HOW to do social distancing:

<https://www.theatlantic.com/family/archive/2020/03/coronavirus-what-does-social-distancing-mean/607927/>

<https://hub.jhu.edu/2020/03/13/what-is-social-distancing/>