

**Everyone who needs a COVID-19 test will have access to a test, but NOT everyone that wants a test will be tested.**

- Testing is limited to the highest priority patients and health care workers. If you need testing it will be recommended by your primary care provider. The number of samples being received at labs exceeds daily capacity this extends the wait time for results. Testing is not recommended for people with mild, upper respiratory symptoms. It is recommended that these individuals self-isolate at home until their symptoms improve. If you are experiencing symptoms of respiratory illness, please call the triage line 715-793-5087 or 715-793-5088 to be evaluated and to receive further directions.
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## **How to Protect Yourself from COVID-19**

- Wash your hands often with soap and water for at least 20 seconds, especially before eating and after going to the bathroom, blowing your nose, coughing or sneezing.
  - If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
  - Avoid touching your eyes, nose and mouth with unwashed hands.
  - Avoid close contact with people who are sick.
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Cough or sneeze into an elbow if no tissue is available. Wash your hands.
  - Clean and disinfect frequently touched objects and surfaces using a regular household disinfectant cleaning spray or wipe.
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## **People with diabetes who are infected with the coronavirus are more likely to develop severe coronavirus disease (COVID-19) and complications.**

- They should be especially diligent to reduce risk of exposure, including hand washing, practicing social distancing, and staying home as much as possible.
- Managing diabetes can be more challenging during this time.
  - **Blood sugars:** activity restriction, changes in eating patterns, and illness can all affect blood sugars. Patients should monitor more closely and call their health care team if they are having problems.
  - **Medications:** patients should ensure they have sufficient medications and call their health care team if they need refills.
- To reduce the risk of coronavirus exposure, avoid going to the clinic unless necessary. Patients who develop mild symptoms should monitor their blood sugars, stay well hydrated, and call their health care team with concerns.
- For severe symptoms, seek medical care right away.