

Wisconsin is experiencing an increase in the number of people testing positive with Covid. The new strain of Covid is a subvariant of Omicron that is very contagious.

The Stockbridge-Munsee Community saw a larger number of positive covid tests this weekend through Monday. At the end of the day Monday, contact tracers identified 65 people who had tested positive for Covid since the end of the day Friday. Menominee Tribal Clinic informed our public health they are also seeing a large increase in cases, and had multiple positive test results on Monday.

The Stockbridge-Munsee Community is taking the following precautions to help protect everyone from the further spread of Covid-19:

1. Masks are now required to be worn by all staff and patients at the SMHWC.
2. Employees and visitors to the Besaw Center are now required to wear masks upon entry.
3. All employees are required to wear a mask.
4. Patrons are strongly encouraged to wear a mask.
5. The SMHWC provides free masks (both procedure and N-95 masks) and free at home covid tests to all.
6. The SMHWC provides covid-19 vaccines and boosters at no cost to you.
7. All employees have been vaccinated against covid-19.
8. Employees with positive covid tests are placed on quarantine.

Please take the following precautions to help keep everyone safe:

1. If you feel sick, stay away from others.
2. If you feel sick, wear a mask if you have to be around others.
3. Take an at home test or get tested if you feel sick or others near you have covid-19.
4. Follow Isolation/quarantine guidance if you have a confirmed positive covid -19 test or if someone near you had a positive test.  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

## Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

<b>IF YOU Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations</b>	<b>Quarantine for at least 5 days</b>  <b>Stay home</b> Stay home and <a href="#">quarantine</a> for at least 5 full days.  Wear a <a href="#">well-fitting mask</a> if you must be around others in your home.  <b><a href="#">Do not travel.</a></b>  <b>Get tested</b> Even if you don't develop symptoms, <a href="#">get tested</a> at least 5 days after you last had <a href="#">close contact</a> with someone with COVID-19.	<b>After quarantine</b>  Watch for <a href="#">symptoms</a> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.  <b>Avoid travel</b> It is best to <a href="#">avoid travel</a> until a full 10 days after you last had close contact with someone with COVID-19.  <b>If you develop symptoms</b> <a href="#">Isolate</a> immediately and <a href="#">get tested</a> . Continue to stay home until you know the results. Wear a <a href="#">well-fitting mask</a> around others.	<b>Take precautions until day 10</b>  <b>Wear a well-fitting mask</b> Wear a <a href="#">well-fitting mask</a> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.  <b>If you must travel during days 6-10, <a href="#">take precautions.</a></b>  <b>Avoid being around people who are <a href="#">more likely to get very sick</a> from COVID-19.</b>
<b>IF YOU Were exposed to COVID-19 and are up to date on COVID-19 vaccinations</b>	<b>No quarantine</b> You do not need to stay home <b>unless</b> you develop symptoms.  <b>Get tested</b> Even if you don't	<b>Watch for symptoms</b> Watch for <a href="#">symptoms</a> until 10 days after you last had close contact	<b>Take precautions until day 10</b>  <b>Wear a well-fitting mask</b> Wear a <a href="#">well-fitting mask</a> for 10 full days any time you are

	<p>develop symptoms, <a href="#">get tested</a> at least 5 days after you last had <a href="#">close contact</a> with someone with COVID-19.</p>	<p>with someone with COVID-19.</p> <p><b>If you develop symptoms</b> <a href="#">Isolate</a> immediately and <a href="#">get tested</a>. Continue to stay home until you know the results. Wear a <a href="#">well-fitting mask</a> around others.</p>	<p>around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</p> <p><b><a href="#">Take precautions if traveling</a></b></p> <p><b>Avoid being around people who are <a href="#">more likely to get very sick</a> from COVID-19.</b></p>
<p><b>IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</b></p>	<p><b>No quarantine</b> You do not need to stay home <b>unless</b> you develop symptoms.</p>	<p><b>Watch for symptoms</b> Watch for <a href="#">symptoms</a> until 10 days after you last had <a href="#">close contact</a> with someone with COVID-19.</p> <p><b>If you develop symptoms</b> <a href="#">Isolate</a> immediately and <a href="#">get tested</a>. Continue to stay home until you know the results. Wear a well-fitting mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a well-fitting mask</b> Wear a <a href="#">well-fitting mask</a> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</p> <p><b><a href="#">Take precautions if traveling</a></b></p> <p><b>Avoid being around people who are <a href="#">more likely to get very sick</a> from COVID-19.</b></p>

## Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

### **IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status**

#### **Stay home for at least 5 days**

Stay home for 5 days and [isolate](#) from others in your home.

Wear a [well-fitting mask](#) if you must be around others in your home.

**[Do not travel.](#)**

#### **Ending isolation if you had symptoms**

[End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

#### **Ending isolation if you did NOT have symptoms**

[End isolation after at least 5 full days](#) after your positive test.

#### **If you got very sick from COVID-19 or have a weakened immune system**

You should isolate for at least 10 days. [Consult your doctor before ending isolation](#)

#### **Take precautions until day 10**

##### **Wear a well-fitting mask**

Wear a [well-fitting mask](#) for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

##### **Do not travel**

[Do not travel](#) until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.

**Avoid being around people who are [more likely to get very sick](#) from COVID-19.**