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As the Delta variant continues to circulate and positive cases of Covid-19 increase in our state and county, Winneshiek County Public Health wants to remind you of ways to help yourself and our community.

To prevent infection and to slow the transmission of COVID-19, do the following:

- **Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.**
- **Get vaccinated even if you have had Covid-19- this includes children 12 years and older.**
- **Maintain at least six feet distance between you and people coughing or sneezing.**
- **Avoid touching your face.**
- **Cover your mouth and nose when coughing or sneezing.**
- **Stay home if you feel unwell.**
- **Refrain from smoking and other activities that weaken the lungs.**
- **Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.**
- **Open windows at home, work, or school– ventilate with fresh air.**
- **Wear a mask when in public settings or large groups if in an area of high or substantial cases or if you are not vaccinated.**

If you have been exposed and are considered a close contact (within 6 feet for more than 15 minutes without a mask), wait 5-7 days before testing, even if you have no symptoms.

If symptoms, contact your provider to find out about testing or utilize the FREE Test Iowa at home saliva kits available at the Smith Building from Winneshiek County Public Health.

It is a recommendation for fully vaccinated people who have come into close contact with someone with suspected or confirmed COVID-19 case to be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

It is not too late to get vaccinated. Call your provider or call Winneshiek County Public Health at 563-382-4662 to get signed up. This will help the community to slow the spread.

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