

## What should I do if I had close contact with someone who has COVID-19?

If you had contact with someone who was infected with COVID-19, you should follow these recommendations for **14 days from the date of your last contact** with the infected individual. To protect yourself, your family, and your community, you should practice **limited self-quarantine** and **self-monitoring**.

### Limited Self-Quarantine



**Stay home as much as possible.**



**Most people should not go to work** if their work involves contact with other people. Talk with your employer about working remotely if your employer allows it. Health care workers should contact their employee health for the current policy.



**Do not use public transportation, ride-sharing, or taxis.**



**Avoid travel.** If travel is absolutely necessary, and you become ill, you may not be able to return home until after you recover. When you get home, you will be asked to continue self-quarantine and self-monitoring for 14 days.



**Wash your hands often** and practice good hygiene.



**Go out only for essentials.** Limit your travel to essential needs, for example, going to the doctor, getting groceries, or picking up medication.

You may also consider the following recommendations:



**Minimize contact** with others in your home (stay in your own room and, when possible, use your own bathroom) and **avoid sharing personal household items** such as dishes, towels, and bedding.

### Self-Monitoring



**Measure your temperature twice a day**, once in the morning and one at night. Otherwise watch for symptoms of fever like feeling hot, chills or sweats.



Watch for **cough** or **difficulty breathing**.



**Respond to your local health department.** They may request that you provide information about how you are feeling. They will tell you how to provide this information (for example, phone calls, emails, text message) and how often.

### If you develop fever, cough, have difficulty breathing, or need medical care:

1. **Contact your doctor** to report your symptoms and see if you need medical care. Do not go to your doctor's office without contacting them first.
2. **Stay home** unless you need emergency medical attention. Isolate yourself from others in your home, practice good hand hygiene, sanitize surfaces in your home, and wear a facemask if you need to be around other people.

If you need emergency medical attention, call 911 and let them know that you are being monitored for novel coronavirus.



If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 Ext. 136 or email at [maryjos@ohawcha.org](mailto:maryjos@ohawcha.org). Please submit any material by the 20th of the month if you would like your information posted in next month's newsletter.



# Power Up with Breakfast

**Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.**

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!



Even though the State Safer at Home Order has ended social distancing remaining 6 ft apart and wearing masks is still expected. "The Housing Authority continues to require mask wearing within the common areas of all Housing Authority owned properties. This includes all residents, all caregivers, all Housing Authority employees, all contractors, and any visitors. This will remain in effect until further notice."

Susan (Su) van Houwelingen  
Executive Director  
Oshkosh/Winnebago County Housing Authority

**Cloth masks are still available in the Marian Manor office at no charge.**

# Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

## How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

## CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

## Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

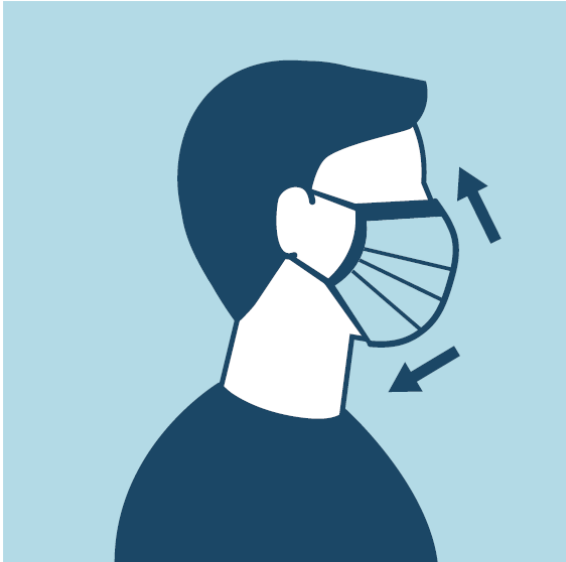
Yes. They should be routinely washed depending on the frequency of use.

## How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

## How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



# JUNE

# 2020

**Marian Manor Staff**

**Stacy, Senior Property  
Manager**

**424-1470 Ext. 126**

Monday 8:00 am - 4:30 pm

Tuesday 8:00 am—4:30 pm

Wednesday 8:00 am - 4:30 pm

Thursday 8:00 am- 4:30 pm

Friday By Appointment Only

**Mary Jo, Social Services  
Coordinator**

**424-1470 Ext. 136**

Monday-Thursday \

8:30 am—4:30 pm

Friday 8:00 am– Noon

**Bob, Maintenance**

Monday -Thursday

7:00 am-4:30 pm

Friday 7:00 am- 11:00 am

**Roger, Custodial**

Monday, Tuesday, Thursday

6:30 am - 3:30 pm

Friday 6:30 am—12:30 pm

**After Hours Maintenance**

**920-966-4235**

**Nurses- 4th Floor Office**

**424-1470 Ext 124**

**Lori, Monday, Tuesday, &  
alternate Fridays**

**Teresa, Wednesday, Thursday  
& alternate Fridays**

**Su van Houwelingen,**

**Executive Director**

424-1450 Ext. 112

**Office Closed for Lunch**

**Noon—1:00 pm**

**Housing Offices Close  
at Noon on Fridays**

