



Public Health
Prevent. Promote. Protect.

Crawford County Public Health Department

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How COVID-19 Spreads and How to Protect Yourself

According to the CDC, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus.

CDC recommends people practice frequent “hand hygiene,” which is either washing hands with soap and water or using an alcohol-based hand rub. Crawford County Health Officer, Cindy Riniker reminds the community to be mindful to wash your hands when you touch things that others have touched, such as money, door handles or mail. Riniker says, “This is something we all can do to help protect ourselves.” CDC also recommends routine cleaning of frequently touched surfaces.

Riniker wants everyone to remember that the virus is thought to spread mainly from person-to-person. Which is why the social distancing guidelines are so important. Continue to protect yourself and your community by:

- Maintaining good social distance (about 6 feet) from others.
- Staying home when possible.
- Limiting essential trips for groceries and prescription to once a week or less.
- Allowing only direct household members into your home.

To read the latest information about COVID-19 people can check

<https://www.facebook.com/CrawfordCountyPHD>,
<https://www.crawfordcountywi.org/health.html>, the [Department of Health Services \(DHS\)](#) and [Centers for Disease Control and Prevention \(CDC\)](#) websites.