



HO-CHUNK NATION DEPARTMENT OF HEALTH



Social Distancing and What it means! Yes, that means you too!

Submitted by Pam Thunder, RS Environmental Health Program Manager

In the last week you may have heard a lot about social distancing to help slow the spread of coronavirus. This is an effort that ALL of us must undertake to slow the spread of the ongoing coronavirus pandemic. WHY is this so important? Social distancing means limiting the close contact with other people. This is especially important to protect our most vulnerable community members including elders, those with health problems, or anyone with a compromised immune system. It is important that even younger healthy adults practice social distancing because they are able to spread the disease to other people. WHAT should I do? Limit trips out of the house to only getting groceries, seeking medical services, and caring for elders. When you decide it is absolutely necessary to leave the house remember to maintain a safe distance away from others, that means 6 feet. Wash your hands with soap and water or use hand sanitizer after you have touched any handrails, door knobs, pens, or signature pads in public. Try to complete errands at a time that it will be less crowded. WHO should be practicing social distancing? EVERYONE. Social distancing applies to work and government related settings. In person meeting must be limited to less than 10 people with at least 6 feet between people. It also applies to religious and social functions as well. We have capabilities to communicate by phone, email, conference calls, and teleconference calls. It is important to utilize these tools to continue vital operations and connections within our communities. Please help us to protect the most precious in our communities by staying home!

Ho-Chunk Health Care Center
N6520 Lumberjack Guy Road
Black River Falls, WI 54615

Ph. 715-284-9851 FAX 715-284-5150

House of Wellness
S2845 White Eagle Rd
Baraboo, WI 53913

Ph. 888-552-7889 FAX 608-355-9643