

Urgent News Release #23

Richland County Emergency Management

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RICHLAND COUNTY SUPPORTS “RESILIENT WISCONSIN” INITIATIVE

Richland Center, WI: Richland County Emergency Management Director, Darin Gudgeon announced that Richland County fully supports Governor Tony Ever’s “Resilient Wisconsin” Initiative. The COVID-19 pandemic has inherently increased stress and created daily challenges for us all. Finding healthy ways to cope and stay connected is more important than ever. “Resilient Wisconsin” offers tools to encourage self-care, maintain social connections, and reduce stress. Here’s a few steps you can take today:

- **Get the three goods.** That’s good-for-you foods, a good night’s sleep, and a good amount of exercise every day.
- **Stay connected to your support system.** Reach out to family and friends, colleagues, and community groups in whatever way you can—calls, texts, video chats, and more.
- **Spend time away from focusing on COVID-19.** Don’t let the pandemic take over what you read, watch, or talk about. And don’t be afraid to ask friends and family to talk about something else. Reduce anxiety by reducing your risk. Stay safer at home. Wash your hands for at least 20 seconds. Cover your nose and mouth when you cough or sneeze. Stay at least 6 feet apart while running essential errands at the store, pharmacy, or gas station. Knowing you’re doing everything you can to stay healthy can help you worry less.
- **Check in with yourself.** Everyone’s reaction to stress is different. Difficulty concentrating or sleeping, irritability, fatigue, and even stomachaches can be normal. But if you find you are overwhelmed or having thoughts of self-harm or suicide, reach out for help right away. Text HOPELINE to 741741 or call the National Suicide Prevention Lifeline at 1-800-273-8255.

“Resilient Wisconsin” supports and collaborates with people and organizations throughout Wisconsin, to bring together the latest data, resources, evidence-based tools, and trauma-informed practices. So that people affected by trauma and other mental or behavioral health challenges— as well as the professionals and programs that serve them—can find the support and resources they need. Additional information can be found at <https://www.dhs.wisconsin.gov/resilient/index.htm>.

Staying Safer at Home is important, but we know it is not easy and it is OK to ask for help. Richland County community partners are committed to “Resilient Wisconsin” and we will find ways to stay strong and support each other. Our goal is to build a healthier and more resilient community and state. If you need someone to talk to, feel free to contact Richland County Health & Human Services at 608-647-8821.

For the most up-to-date COVID-19 information, follow Richland County Health & Human Services on Facebook or consult the following websites:

- ❖ Richland County:
<https://covid.co.richland.wi.us>
- ❖ The Greater Richland Area Chamber of Commerce
www.gorcchamber.com
- ❖ Wisconsin Department of Health Services:
www.dhs.wisconsin.gov/covid-19
- ❖ Centers for Disease Control and Prevention:
www.cdc.gov/coronavirus/2019-ncov/

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