



# Bad River Health and Wellness Center

53585 Nokomis Road  
Ashland, WI 54806-4272

## COVID-19 Daily Update

**October 14, 2020 10:30 a.m.**

### Updated Numbers

Total Tested at BRHWC:	1787
Total <b>Active</b> Positive Cases in Bad River	15
<b>Active</b> Monitoring (due to Isolation or Quarantine)	43

**Bad River Health and Wellness Center reports NO new positive cases of COVID-19 on 10/14/2020 as of 10:30 am.** To date, there have been a total of 37 positive cases in Bad River.

If you have questions, you may contact:

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Robert Houle, Assistant Clinic Administrator

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### **Managing Stress During COVID-19:**

The spread of a new virus like COVID-19 can be stressful. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in our local communities, and as routines are disrupted by social distancing and home isolation. **Here are some signs to watch for:** An increase or decrease in energy levels, an increase in frustration, with outbursts of anger and frequent arguing, having trouble relaxing or sleeping, not wanting to eat or eating too much, worrying much more than usual, wanting to be alone most of the time, not able to feel pleasure or have fun, feeling depressed, anxious, or fearful, and an increase in alcohol use or use of illegal drugs. Please watch for these signs and reach out if you have concerns! You can reach out to public health or the SAMHSA Disaster Distress Hotline at 1-800-985-5990.

**Stay Safe and Be Well**

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