



# Bad River Health and Wellness Center

53585 Nokomis Road  
Ashland, WI 54806-4272

## COVID-19 Daily Update

**November 19, 2020 4:45 p.m.**

### Updated Numbers

Total Tested at BRHWC:	3102
Total <b>Active</b> Positive Cases in Bad River	13
<b>Active</b> Monitoring (due to Isolation or Quarantine)	33

**Bad River Health and Wellness Center reports THREE new positive cases of COVID-19 on 11/19/2020. These numbers are up to date as of 4:45 p.m. on 11/19/2020. To date, there have been a total of 77 positive cases in Bad River. So far we have 64 recovered cases.**

If you have questions, you may contact:

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### REMINDERS:

#### **Stress During COVID-19**

The spread of a virus like COVID-19 can be stressful. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in local communities, and as routines are disrupted by social distancing and home isolation. Stress during this time can have a big impact on home lives. Here are some ways to manage stress: take breaks from watching the news, care for your body, exercise, connect with others **via phone**, use humor!!!

**REMEMBER TO GET YOUR FLU SHOT!**

**Stay Safe and Be Well**

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