

April 15, 2020 "What Can YOU DO To Make it THROUGH?"

2:00 PM

Big Horn County

COVID-19 Update/Response

For Immediate Release

Today I want to focus on what you can do to help put you in the best situation to combat the virus. I have many people telling me that they can't stay at home because they have essential jobs. I applaud those who are helping us in this crisis.

So many of us on the front line who see patients are taking extra precautions when we come home from our jobs as essential employees. We can't stay home, even if you can stay home consider the following extra precautions to help protect your family:

- Strip down as soon as possible when coming in the door
- Wash your hands immediately
- Clothes straight to the laundry
- Leave shoes outside or wipe them down
- Wipe down and leave in car any work-related tools, i.e. stethoscope, name badges, etc.
- Go straight to shower before interacting with family
- Narrow your circle of contacts ideally to less than 10 – This both protects you and your family as well as those in your community

What else are we on the front lines doing?

Many of us are taking zinc, vitamin C and quercetin supplementation. Although the data isn't verified in double blinded controlled trials, these supplementations have some evidence that they help fight the virus and strengthen the immune system. At best, they do as reported, and at worst, they make expensive urine. So, if you can afford to add these to your routine they really can't hurt.

In addition:

- Get plenty of sleep
- Don't have a constant stream of news on – this only elevates your stress levels and weakens your immune response
- Eat healthy – when we are stressed, we tend to make poor food choices
- Exercise and stretch – this helps to cleanse the body of the hormones released during stress
- Meditate and pray – your mental and spiritual health work together to improve your physical health
- Drink plenty of water – you should be drinking enough to make your urine clear
- Start a new project or hobby that you can gain a measure of accomplishment and personal satisfaction
- Monitor your interactions with others – take a breath before responding in anger in person or on social media

If you don't have to go out, don't.

If you have to go out for supplies or a doctor appointment, [consider the following](#):

- Stay home if you are sick
- Go alone, not with the whole family
- Order online or use curbside pickup
- Protect yourself while shopping
 - Stay at least 6 feet away from others while shopping and in lines.
 - Wear a mask
 - Go during hours when fewer people will be there
 - If you are at higher risk for severe illness, find out if the store has special hours for you
 - Disinfect the shopping cart, use disinfecting wipes if available.
 - Do not touch your eyes, nose, or mouth.
 - If possible, use touchless payment
 - If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
- Bank online when possible
- Use gloves and disinfecting wipes when purchasing gasoline
- Use telephone or telemedicine for doctor visits when possible
- Check with your pharmacy if you can have a mail order option



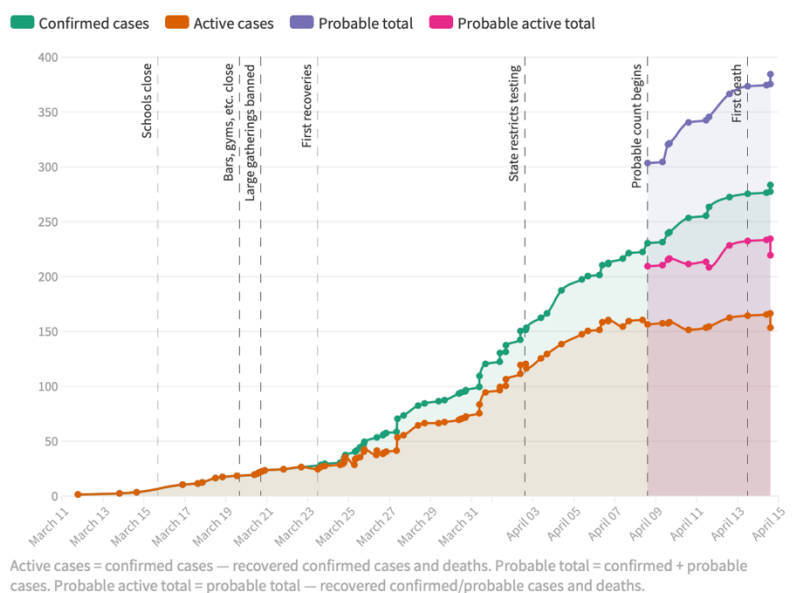
Remember best things you can do are:

- STAY HOME
- STAY DISTANT
- WEAR A MASK
- WASH YOUR HANDS

At this point we have had significant exposures in Big Horn County, so we must consider everyone is infected or a carrier.

We now have **282** cases in Wyoming, with **101** probable cases, and we are fortunate that **164** people have fully recovered, **ONE DEATH** in Johnson County. We have 1 confirmed and 1

Wyoming coronavirus cases and recoveries



probable in Big Horn County. But as I have mentioned, I suspect we have at least two dozen or more scattered throughout the county.

Wyoming has not seen its peak and we can't let up yet, we have too much invested.

Dr. Anthony Fauci, said last week that rural areas like Wyoming had not experienced the sharp spikes of illness and death that larger population areas, like New York and New Orleans, had experienced. He praised state and local official's efforts to ensure Wyoming doesn't have those same dire outbreaks.

In addition to our efforts Dr. Alexia Harrist said, *"The CDC indicated an interest in directing some of their staff toward protecting areas with relatively low levels of COVID-19 infections,"* Dr. Harrist invited the federal team of five CDC staffers *"to help maintain lower levels of illness and to help slow and limit the spread of COVID-19."*

"What Can YOU DO To Make it THROUGH?"

If you need help finding a health care provider or additional information on COVID **call 211.**

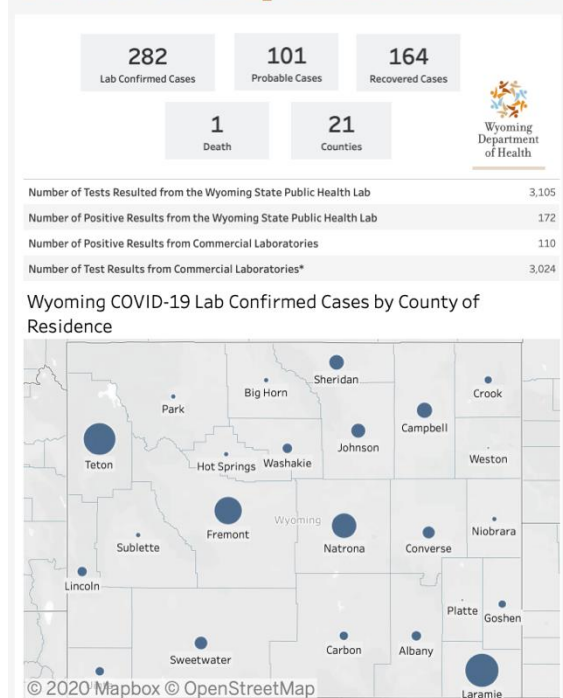
Anyone who feels that they may be at risk of harming themselves, or who knows of someone in immediate danger of harming themselves, should **call 911.** Anyone experiencing suicidal thoughts is encouraged to call the U.S. National Suicide Prevention Lifeline at [1-800-273-TALK \(8255\)](tel:1-800-273-TALK(8255)) or text **"WYO"** to **741-741** for the Crisis Text Line. Veterans can call: 1 800-273-8255.

Respectfully,
David Weston, Fairbanks, MD, FAAFP
Big Horn County Health Officer
and the entire
Big Horn County Incident Management Team

For Sources of Information on COVID-19:

1. Big Horn County Public Health Website:
<https://www.bighorncountywy.gov>
<https://www.bighorncountywy.gov/departments/public-health>
2. Big Horn County COVID-19 INFORMATION LINE 307-568-4031
Or Email us @ covid-19@bighorncountywy.gov
3. Park County Public Health Coronavirus Information Line: 754-1870 or 527-1870
(Updated regularly). Big Horn County may use this.

COVID-19 Map and Statistics



4. Up to date announcements from Wyoming Department of Health as they are released Wyoming Department of Health
Website: <https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus>.
5. CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
6. Wyoming Department of Health State Orders:
<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-orders-and-guidance/>

