

April 17, 2020 "Be SMART about RESTART"
2:00 PM
Big Horn County
COVID-19 Update/Response

For Immediate Release

President Donald Trump briefed governors yesterday on his guidelines: "[Opening Up America Again.](#)" *"We can begin the next front in our war,"* Trump stated in a White House briefing. *"We're opening up our country. We have to do that."*



Trump's guidelines recommend each state documents a "downward trajectory" in COVID cases and flu-like illnesses for two weeks before beginning a three-phase relaxing of gathering and economic limits. States should document another two weeks of declining cases before moving to the next phase. The guidelines stress that a "rebound" in case numbers should mean re-imposing some or all restrictions.

The guidelines outline that restaurants, movie theaters and sports venues could open in phase one if they practice "strict social distancing." However, schools, daycares and bars shouldn't reopen before phase two.

Trump said sporting events could resume without live spectators. Trump encouraged, *"We're going to build this economy back bigger, better, stronger than ever before."*

Trump left the decisions completely to the governors as every state's trends are different.

The guidelines call for states to establish *"safe and efficient screening and testing sites,"* ensure *"sentinel surveillance"* for the disease and *"quickly and independently"* supply protective gear, medical equipment and hospital capacity to handle a surge in cases.

To help in the Secondary Containment efforts we discussed Wednesday, as many as 100,000 contact tracers will be needed to track down people exposed to the virus and prevent them from spreading it, according to a [new estimate this week](#) from the Johns Hopkins Center for Health Security. Public-health departments will have to train thousands of people to do the rigorous work of retracing the steps of coronavirus patients, reaching out to others they may have encountered, and ensuring they can safely isolate to interrupt chains of transmission.

Smoking & Vaping Put You at Risk

New studies show that people who smoke tobacco, e-cigarettes, marijuana and vape are at **14 times** more likely to have complications from COVID infection requiring hospitalization, intubation and ventilation. Many of these affected are young people.

Cessation Resources for Patients

Of tools physicians can use to help patients quit tobacco use, Matuszak said his favorites include the [AAFP Tobacco and Nicotine Prevention and Control Toolkit](#).

He said he also steers patients who want to quit to [national quitlines -- in multiple languages -- and related resources from the CDC.\(www.cdc.gov\)](#) Additionally, a number of text and app-based cessation services are now available, such as

- [text-based cessation tools from Smokefree.gov;\(smokefree.gov\)](#)
- texting "QUIT" to iQuit (47848);
- for teens and adolescents, texting "DITCHJUUL" to 88709; and
- [the quitSTART app.\(smokefree.gov\)](#)

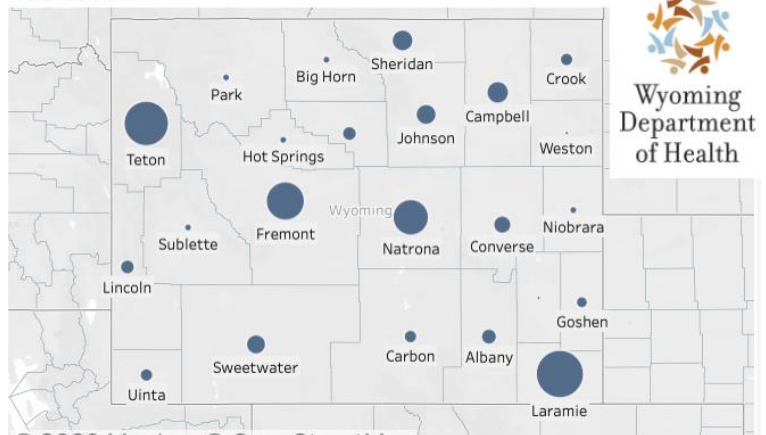


COVID-19 Map and Statistics



For testing data please see our COVID-19 Testing Data page:
<https://health.wyo.gov/publichealth/infectious-disease->

Wyoming COVID-19 Lab Confirmed Cases by County of Residence



We now have **TWO DEATHS** in Wyoming with **296** cases and **105** probable cases, and we are fortunate that **187** people have fully recovered. We have 1 confirmed case and 1 probable in Big Horn County. We have confirmed reports of many individuals not only ignoring social distancing and gathering restrictions but being dishonest about their risk of exposure, endangering themselves, their friends, their families and our whole community.

Wyoming has not seen its peak yet and we can't let up yet.

"Be SMART about RESTART"

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

