

April 6, 2020 “Do you have to ask? Wear a Mask!”

2:00 PM

Big Horn County

COVID-19 Update/Response

### For Immediate Release

WASHINGTON -- The CDC is now recommending that everyone should wear a cloth face covering when out in public places. Why the change? - **To protect others** in case you are unknowingly infected with the virus.

As Dr. Harrist, State Health Officer, warned Friday, **“Anyone can spread this disease, even if they don’t know they are ill.”**

Late Friday night, the agency updated its [consumer-facing web page for COVID-19 self-protection](#) as follows:

- *Cover your mouth and nose with a cloth face cover when around others.*
- *You could spread COVID-19 to others even if you do not feel sick.*
- *Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.*
- *Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.*
- *The cloth face cover is meant to protect other people in case you are infected.*
- *Do NOT use a facemask meant for a healthcare worker.*
- *Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.*

I need to give a huge shout out all the individuals helping to sew cloth masks and 3D print masks! What an amazing community effort! As you don these masks for the few times you may venture out for essentials, please review the following to wear your mask properly:

#### Common face mask use mistakes:

Let’s take a look at some common issues regarding face mask use:

- A mask worn only over the nose, not pulled under the chin, or worn only over the mouth, leaving the nose exposed. Even the best mask won’t protect if worn incorrectly.
- A user constantly touching and fiddling with the mask, which [cross-contaminates fingers](#) and subsequent surfaces. A contaminated finger will cross-contaminate the next [SEVEN surfaces](#) it touches, e.g. phones, ipads, keypads.



- Pulling a face mask under the chin for conversation and then putting the mask back up again.
- Wearing the same mask for too long. The longer a mask has been worn around others, the more concentrated the infectious load becomes on both sides. A face mask should never be worn longer than a day. Wash your masks daily.

Dr. Alexia Harrist, further advises:

***“If you have a fever or cough, you might or might not have COVID-19. We ask that you assume that you do and follow our recommendations, especially staying home and away from other people no matter what your job may be. Most people are able to recover at home without medical attention.”***

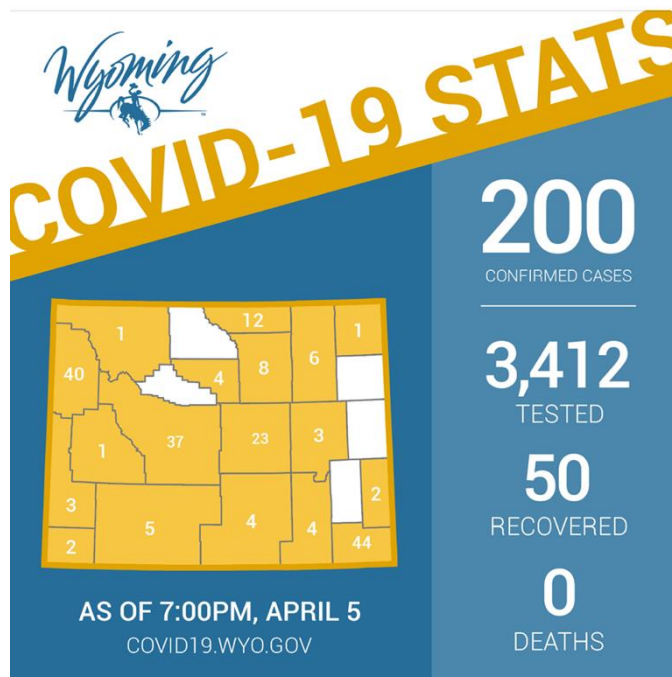
Surgeon General, Jerome Adams, MD stated in the White House Briefing Friday, **“This is all about me protecting you and you protecting me.”**

As of 7pm last night, we have **200** cases in Wyoming.

The Governor posted on his Website, *“We know that there are many more untested Wyomingites who have the virus. Keep yourself and your family healthy and our healthcare workers protected by staying home and social distancing.”*

We have **50** people who have fully recovered and are not quarantined or hospitalized anymore. **NO DEATHS.**

We still have **NO CASES** in Big Horn County, with 30 tests resulted and 2 pending.



You will notice that there are 4 cases to the South of us in Washakie.

Dr. Zimmerman, Washakie County Health Officer, said, “Not unexpectedly, we were notified yesterday evening of another 2 positive Covid-19 cases in Washakie County, bringing the total positive cases to 4. More details are forthcoming.”

I also spoke last night with our own Dr. Dusty Hill on the front lines in Fremont County. The situation has become dire there with 37 cases and more every day.

The Cowboy State Daily quoted Cade Maestas, Lander City Councilman yesterday:

<https://cowboystatedaily.com/2020/04/05/lander-councilman-coronavirus-situation-is-dire-icu-full/?fbclid=IwAR2yamRpYpVRtiSOEhk7cR61rMvJcFTmi58GhCCz3uWfuCBcHQ3bG8Syo0w>



Cade Maestas, Lander City Council

4 hours ago · 73



Photo courtesy, Cade Maestas

Yesterday I was invited to Sage West to get a better understanding of what they are facing in dealing with Covid-19. This is a picture of one of their RNs getting dressed to go into a patient room. Process is about 5 minutes per person. This means if the patient is having an emergency it takes a little bit of time before anyone can get in to help them.

When this all started they had four ICU units. The hospital has expanded that to 12 and they're all full. They're working on expanding it to 20 this week and have a lot more possible capacity... Which they are going to need.

I saw 4 family members, all unconscious and on ventilators. The youngest was 28 and had no underlying health conditions. It was day 10 for them living on machines.

The tour finished with the head surgeon begging us to ask people to stay home, let people know how serious this is, and do our best to communicate that this is only just begun.

For all of the people that think they know better, for the doubters, for the conspiracy theorists, I tell you I've seen it with my own eyes and it's real.

Stay home, wash your hands, practice appropriate physical distancing.

DO THE FIVE, SAVE LIVES  
Stay Home. Stay Distant. Stay Safe!  
Counter COVID with Clean Counters!  
Swerve the Curve!  
Kick the Panic!  
Curb the Spread, Keep your Head!  
Stay Home on The Range, To Avoid the Strains!  
Say your Prayers and Share your Cares.  
Don't touch your FACE, Keep in your SPACE.  
Hold the Phone, Keep in your Zone.  
Borders Closed, so they're not Exposed.  
Coping with COVID  
COVID's HERE and REAL, Use precautions with ZEAL  
ME PROTECTING YOU and YOU PROTECTING ME  
"Do you have to ask? Wear a Mask!"

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) 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



## DO THE FIVE SAVE LIVES

Help stop coronavirus

- 1 **STAY HOME** SAVE LIVES
- 2 **KEEP** a safe distance
- 3 **WASH** hands often
- 4 **COVER** your cough
- 5 **SICK?** Call ahead



Medical Commissioner, State Emergency Response Commission,  
Wyoming Office of Homeland Security  
Medical Director, Wyoming State Parks EMS  
Chairman Wyoming EMS for Children  
Medical Director, Shell Volunteer Fire Department & EMS  
Medical Director, Big Horn County Search & Rescue  
Medical Director, Antelope Butte Mountain Recreation Area & Ski Patrol



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. Park County Public Health Coronavirus Information Line: 754-1870 or 527-1870 **(Updated regularly). Big Horn County may use this.**
3. 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>.
4. CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
5. Wyoming Department of Health State Orders:  
<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-orders-and-guidance/>
6. **Rumor Control:** This FEMA page is to help the public distinguish between rumors and facts regarding the response to COVID-19.