

April 9, 2020 "STAY HOME DON'T ROAM"

2:00 PM

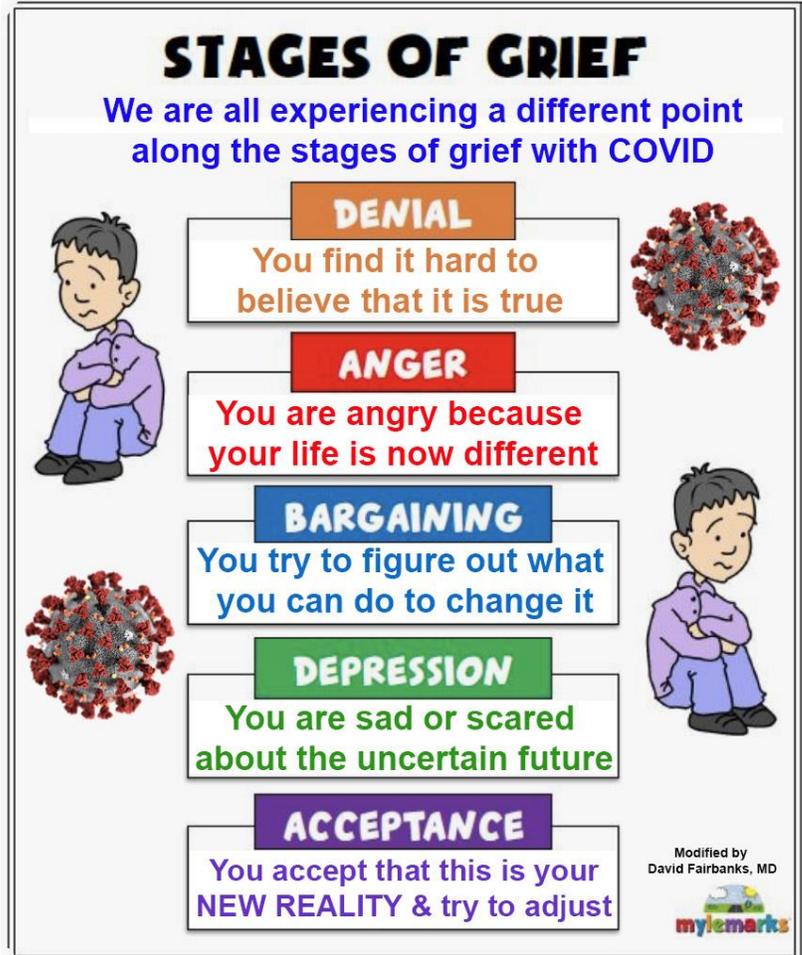
Big Horn County

COVID-19 Update/Response

For Immediate Release

I keep seeing people who are denying COVID and are angry about what we are recommending to keep you and your family safe.

I don't know how to help move people further along the Stages of Grief. COVID is here. It is NOT a conspiracy. COVID is real. I have friends who are infected in Wyoming and Colorado. I have colleagues that are fighting on the front lines. We have four family members on ventilators in Lander, one is 28. And I have friends who have **buried** family members. It may not be real for you... YET. There are a great many people working day and night to keep it that way. Please do your part! Don't stick your heads in the sand. STAY HOME DON'T ROAM. Please don't be angry with me or the Governor or your neighbor.



Perhaps a quote or two from one of my infected friends may resound with those of you who have trouble believing.

This is an otherwise healthy young professional who just got married 2 years ago.

"My doctor has diagnosed me with Covid-19.

I followed protocols. Stayed home and only went out for essentials. ... I'm exhausted, everything hurts, and I feel like I have a weight on my chest. Why post this you may ask?

1. To think about the people who are still out there every day taking care of our essential needs. They are heroes so make sure to be kind and patient and grateful to them and their families who are also at risk.

2. Even following the protocols didn't stop me from getting this because too many people are not staying home and flattening this curve.

It sucks. I don't want to be sick. I don't want to be stuck at home. I don't want to be over-loading my co-workers. But I will do what I'm told. I'll get my rest. I will isolate for 14 days and not go out until I'm 3 days without symptoms. It's what I can do when I feel like there is nothing I can do.

Stay safe and healthy out there and if you can...please, please stay home."

I have another friend here in Wyoming a healthy 20-year-old, that was diagnosed this week. She said to me, *"I'm scared Dave, I don't know what to do. My doctor just told me to go home and rest."*

I have colleagues in Wyoming that have made great sacrifices dedicating the next weeks and months to treat and test and are not returning home to their families. They are staying in their campers near the hospital and asking their families to stay home. I have other colleagues that have been or are currently in quarantine awaiting, nervously, the results of their tests. I have other colleagues in sicker cities who fear daily for their lives as they treat scores of patients for 16 hours each day while stopping only briefly to mourn deceased coworkers.

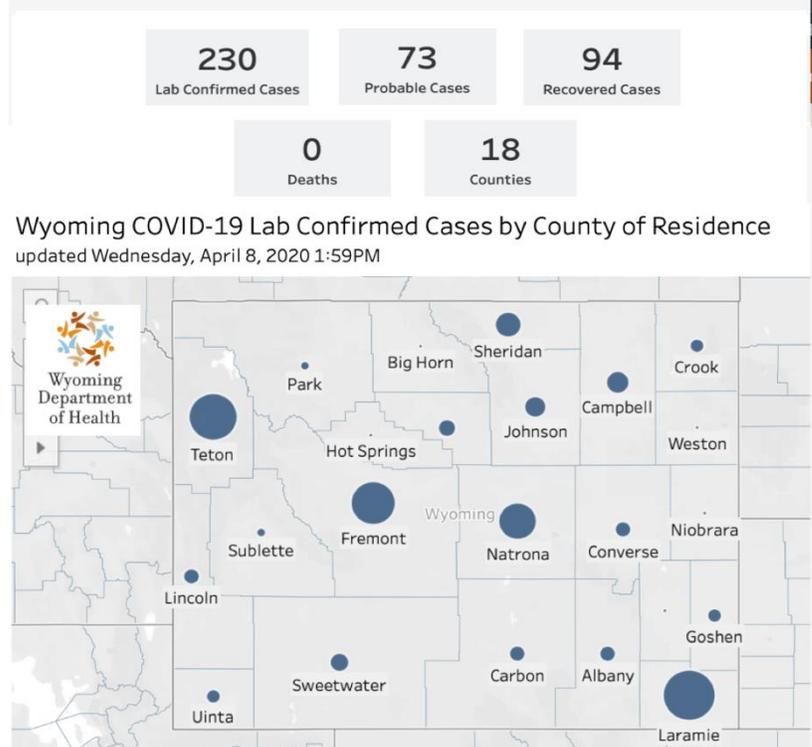
Even though yesterday afternoon we logged **230** cases in Wyoming, **73** probably cases, and we are fortunate that **94** people have fully recovered, and we have yet to record a death, I am afraid when we get the tests that we need those numbers will increase by 10-fold.

We have yet to record a case in Big Horn County, but do you really want to be that one that brings it back from Costco to Big Horn County? Is that trip to Billings for supplies you could order online and have two days later really worth 50 of our neighbors in the hospital or even one in the funeral home? What if you became ill, like my friends, are you willing to trade 3 weeks of ordered quarantine and illness for a 12-pack of toilet paper?

My goal is to keep COVID from landing in your backyard and mine. I wish I never had to face another family to inform them of death from reckless behavior: from a drunk driver, from smoking induced heart and lung disease, from texting and driving, from riding without a helmet. These choices wreck lives and have fatal consequences. My mother used to tell me, *"When you pick up one end of the stick, you pick up the other."* I wish we could go about our lives freely right now without endangering others. We can't.

No one wants to force you to act responsibly and care for your neighbor. I don't. The Sheriff doesn't. The Governor doesn't. Governor Gordon said, *"Are you taking care of yourself and practicing the common sense that we expect? ... People don't need to have someone tell them to put a raincoat on when it's going to rain. And believe me it is raining!... As a state we should all be committed to the same thing right now. We must focus on improving compliance and adherence. That's how you protect lives."*

COVID-19 Map and Statistics



The Governor continued,

“Stay home”

“Wash your hands”

“Maintain 6 feet of distance”

“Do NOT congregate in groups of more than 10”

“Don’t mob stores or allow your kids to gather up for play dates”

“THAT IS THE BEHAVIOR WE NEED! IT IS CRITICAL THAT WE BEHAVE THIS WAY!”

All the state and county leaders hope that you would be compassionate enough to act on your own. Especially at this time of Easter, when the Christian world celebrates the tremendous sacrifice made by Jesus Christ, that saved souls. Perhaps we can all make a much smaller sacrifice for our neighbors that may save their lives, or maybe, even our own.

“STAY HOME DON’T ROAM”

Self-Care:

With the uncertainty of how long social distancing may go on, this is a time to take the opportunity to try some new cooking ideas and meal planning for staying healthy. Here are some ideas:

- Plan menus for an entire week, along with a grocery list. Let everyone in your family be part of the process!
- Try a home-made recipe for something that you would usually purchase pre-made, such as pizza, stir-fry, or even chocolate cupcakes!
- Learn a new cooking skill (or skills!). Check out these [videos](#) to help you get started.
- Inventory your cupboards, freezer, and refrigerator and brainstorm ideas to use up items that have been sitting around. (Make sure they are not expired!)

Use this time to change old habits and push reset on healthy eating at home. If you start today, you have plenty of time to adopt some new behaviors that can be impactful for years to come. This is a great and positive move toward realizing new habits!

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.



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



Respectfully,

David Weston, Fairbanks, MD, FAAFP

Big Horn County Health Officer

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.