

March 21, 2020  
2:00 PM  
Big Horn County  
COVID-19 Update/Response

### For Immediate Release

We have NO confirmed cases in Big Horn County! We have 23 cases in the State of Wyoming.

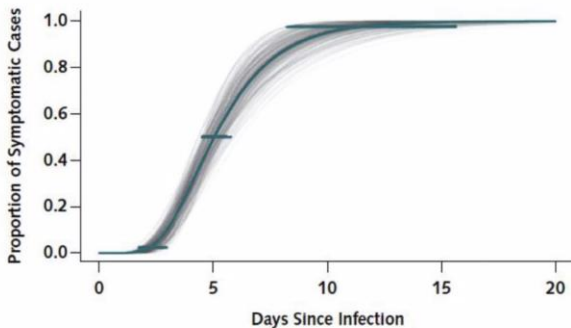
So why 15 days? Do we think coronavirus will be gone in 15 days? NO.

But there is a great deal of evidence if we limit gatherings and stay home and use good hygiene for that period, we can flatten the curve.

## Why Flatten the Curve?



## Why 15 Days?



### Best Data Shows

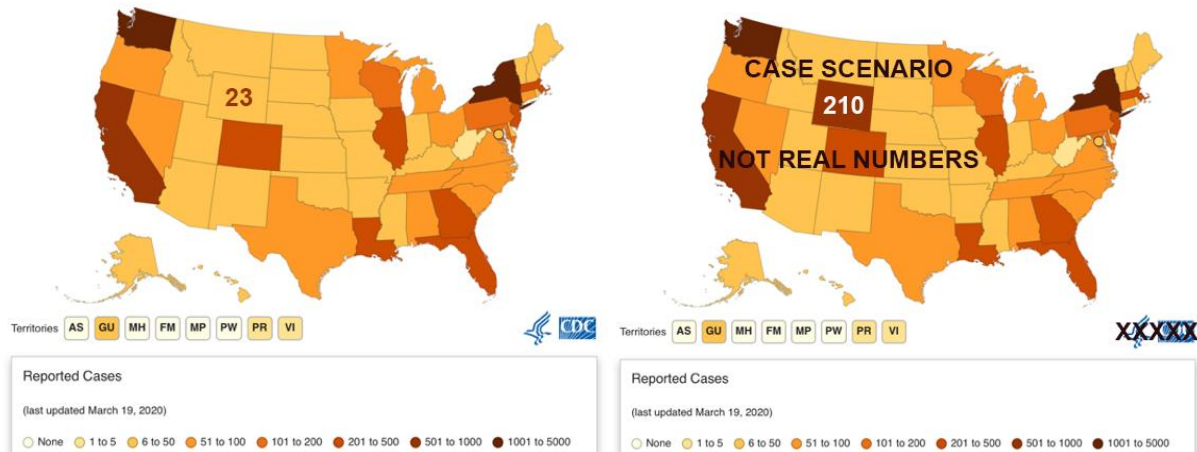
- Median incubation = 5.1 days
- Develop symptoms within 11.5 days
- < 1% have symptoms after 14 days
- Can test POSITIVE before symptoms
- Self seclusion is most effective after known exposure for 14 days

Annals of Internal Medicine

[The Incubation Period of COVID-19 from Publicly Reported Confirmed Cases](#)

So most people will have symptoms within 14 days from exposure.

Why is that important? Well we know that people can be exposed and not have symptoms, so they don't think they are sick. They then go around spreading virus. Thinking well it's NOT ME! An asymptomatic infected person usually infects 3 other people in their community before becoming symptomatic and staying home. This is how the disease spreads like wild fire – and we all know about those in Wyoming. Then suddenly we go from 23 to 210 people in the state.



## Interventions - 15 Days

### PRESIDENT Trump's

1. **Social Distancing** - AVOID Gatherings  $\leq 10$
2. **Good Hygiene**
3. **Stay Home**
  - a. Work From Home
  - b. AVOID Discretionary Travel
  - c. Sick – Stay Home
  - d. Elderly – Stay Home
  - e. Test Positive – Family Stays Home

### State Health Orders

1. **CLOSED**
  - a. Theaters, Bars and Gyms
  - b. Child Care Centers – except for families of essential workers  $\leq 10/\text{room}$
  - c. Schools – until 4/3 – except essential staff
2. **Restaurants** – take out ONLY
3. **Gatherings** –  $\leq 10$  people

Another thing I want to address. I have had many people asking if they should be tested. I want to clear up confusion about the phrases:

“Screened positive” for COVID – That means someone asked you questions about your travel and if you have a cough or fever recently and you answered yes. That does NOT mean you have COVID or have even possibly been exposed. You should stay home – like all of us.

“Been exposed to a PUI” – This means you have had close contact with someone who is currently being tested for or evaluated for COVID. This also does NOT mean you have COVID. You NEED to stay home for 14 days in voluntary self-seclusion.

“PUI - Person Under Investigation” – This means you have been tested with a nasal swab and are awaiting your test results. You NEED to stay home for 14 days in voluntary self-seclusion.

“Tested POSITIVE for COVID” – This means you have been tested with a nasal swab and the test was sent to the State Lab or other commercial lab and you have a confirmed POSITIVE result. You need to have all your close contacts monitored by the State. You NEED to stay home for 14 days in voluntary self-seclusion.

Here are the current recommendations: IF YOU AREN'T SICK, YOU DON'T NEED TO BE TESTED. Right now, we don't have enough tests or ability to get the testing done for everyone. Also, if you haven't been exposed and you aren't sick the test will likely be negative and won't help you. Just to know you are negative, isn't a great reason to be tested.

**i** Evaluation for COVID-19 should be considered for patients who have a serious, otherwise unexplained, acute lower respiratory illness requiring hospitalization, and may be considered for milder case presentations, even if a known source of SARS-CoV-2 exposure has not been identified.

Priorities for testing include:

1. Hospitalized patients who have signs and symptoms compatible with COVID-19 in order to inform decisions related to infection control.
2. Symptomatic individuals who are at higher risk for poor outcomes, such as: older adults, individuals with an immunocompromised state or receiving immunosuppressive medications, and individuals with chronic medical conditions such as diabetes, heart disease, chronic lung disease, and/or chronic kidney disease.
3. Persons including healthcare personnel who within 14 days of symptom onset had a risk of exposure: close contact with a suspect or laboratory-confirmed COVID-19 patient, or a history of travel from affected geographic areas.

So, let us continue with these measures and find creative things to catch up on at home.

Respectfully,

David Weston, Fairbanks, MD, FAAFP  
Big Horn County Health Officer

For Sources of Information on COVID-19:



1. Big Horn County Public Health Website:  
<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>