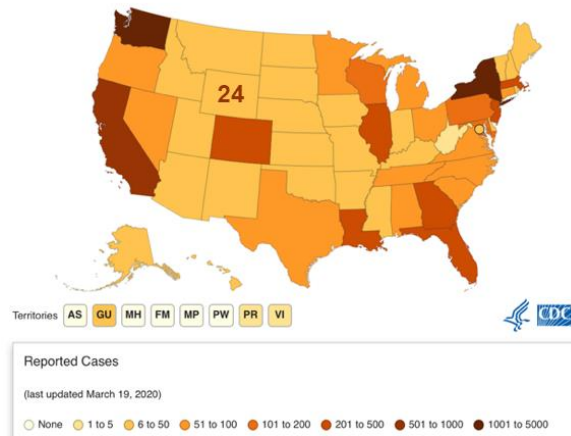


March 22, 2020  
2:00 PM  
Big Horn County  
COVID-19 Update/Response

### For Immediate Release

As of 8:30p Saturday, we have NO confirmed cases in Big Horn County! We have 24 cases in the State of Wyoming.



So, I have people calling me afraid of the virus and afraid of dying. What can we do?

QUIT SMOKING! QUIT VAPING! You need to protect your respiratory system NOW!

How can you reduce your anxiety about the virus?

1. What if I am really panicked or depressed?
  - a. When faced with the reality of this situation, we can either hope or dread. Many choose dread. I think it is just as realistic to choose hope.
  - b. We are fortunate to live in Wyoming. Know that your County and State are planning for every contingency. Trust in your elected Sheriff, Ken Blackburn and all his appointees to assist in this emergency.
  - c. If you are feeling suicidal, depressed or extremely anxious, call your primary care provider. Hopefully the following suggestions may help:
2. News:
  - a. Be thoughtful about your media consumption. The news is thriving on your fears. It would be good if you didn't have a constant diet of news feeding your fears.
  - b. Be careful about the sources you watch or read. Some don't have accurate information. Some exaggerate information to sell air time.
  - c. I promise to release only timely and accurate information every day.
3. Maintain a daily routine:
  - a. Continue exercising:
    - i. Do this at home or on walks outside.
    - ii. Consider walking with a friend or family member in another town while on Facetime.

- iii. Or do what I did and start a Facebook page and take pictures and share your walk with your contacts.
  - b. Keep up with your social contacts:  
I had an elderly patient ask me how he could keep up with his kids and family without exposing himself.
    - i. I suggested that he use technology to watch a movie at the same time in different places and then talk about it afterwards.
    - ii. Go on a walk with a family member in different places and share on Facetime or talk on the phone while walking.
    - iii. Help the kids via Facetime or social media with their home schooling.
    - iv. Keep up family traditions, but digitize them. Still have Sunday dinner, but eat separately and use social media, Google Hangout, Zoom or Facetime.
    - v. Start new traditions: I had my son start a leadership book club that we all read and then share our ideas on social media. I can share my book list if you like.
  - c. Continue your spiritual learning. Many churches now have extensive online resources for you and your family to learn and worship at home.
  - d. Keep your sleep/wake cycles the same.
    - i. Working and learning at home is new, but it is really important for your health to get good sleep.
    - ii. Keeping your routine the same will help not disrupt your sleep.
    - iii. Get up at the same time and go to bed at same time.
- 4. When you do go out, don't be fearful of people.
  - a. Do a technique called "Coping Ahead."
    - i. Plan to smile and wave like we do in Wyoming.
    - ii. Keep your distance 6 feet is all that is necessary.
    - iii. Use good hygiene.
      - 1. Bump elbows instead of shaking hands
      - 2. Cover your coughs
      - 3. Wash your hands frequently
      - 4. Avoid touching your eyes, nose, and mouth.
      - 5. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
    - iv. Masks are not necessary, unless you are sick. If you are sick you should stay home, except to see your doctor. Have someone else shop for you.
- 5. What if I get sick?
  - a. You are more likely to get sick with influenza than COVID.
    - i. It has been the worst flu season on record in forty years.
    - ii. Get immunized against the flu.
  - b. Stay home and call your doctor.
    - i. We still are not testing everyone – read yesterday's release about testing.
    - ii. Your doctor can recommend a course of action to meet your needs based upon your risks and symptoms.

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.bighorncountyywy.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>