

March 29, 2020, "Say your Prayers and Share your Cares."
8:00 AM
Big Horn County
COVID-19 Update/Response

For Immediate Release

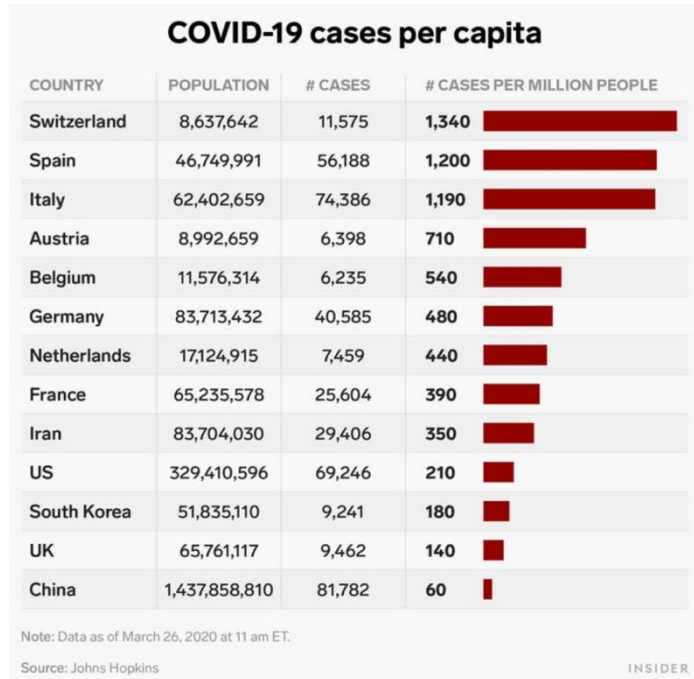
I will once again update you on the status of COVID-19:

I am posting earlier so I can take a break from all the news today. I hope you can take a break too!

As of 2:20 pm yesterday, we have 84 cases in Wyoming. We also have 18 people who have fully recovered and are not quarantined or hospitalized anymore. NO DEATHS. We still have NO CASES in Big Horn County, with 14 tested recently. The good news – The U.S. has less cases per capita than most countries in Europe. And with roughly 200 cases per million in the U.S., we are still behind the curve in Wyoming. So hopefully our earlier interventions will prove successful. Time will tell, but we have to give it time. This is not a "test us all so we can get on with our lives" sort of deal. This will be our new reality for the next several weeks and months. I hope it is shorter, I wish it was different.

Now I want to acknowledge the tremendous efforts by our community faith leaders. We had a Zoom meeting with them the other night and they are invested in your concerns. They want to help our citizens through these challenging times. Please "share your cares." If you need help coping with the stress, many are eager to help.

Several groups have organized an interfaith international day of fasting and prayer today. Let us join with them in bolstering the faith of all of us to combat not only the illness itself – which as a physician, and a scientist, I know we will get through – but more importantly the larger anxiety that accompanies all the significant lifestyle changes we have been asked to make. If these changes or the fear and uncertainty surrounding this crisis pose an overwhelming challenge for you emotionally or spiritually, please reach out. We have mental health



professionals, counselors and faith group leaders, who are trained to help. Whether it is a listening ear with reassurance, or a more significant intervention is necessary, we all want to help.

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: 800 273-8255.



Wyoming Department of Health Behavioral Health administrator Matt Petry has stated, "Wyoming's community mental health providers are a good resource for help and their services are available regardless of ability to pay. Many local mental health providers are helping clients using telehealth methods during this time. Contact your local provider to learn more about their currently available services."

More information about community mental health centers throughout Wyoming can be found at <https://health.wyo.gov/behavioralhealth/mhsa/treatment/cmhc/>.

What can you do to ease the stress?

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of physical health.
 - Eat healthy meals
 - Exercise regularly
 - Get plenty of sleep
 - Avoid alcohol and drugs
 - Stop smoking and vaping
- Make time to unwind with safe and enjoyable activities.
- Safely connect with trusted others to talk about concerns.

More information about managing anxiety and stress during the pandemic is available from CDC at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>



Apple COVID-19 4+
Apple
#1 in Health & Fitness
★★★★★ 4.5, 1.2K Ratings
Free

Finally, there is an app for this! Apple has released an app which can help you monitor your symptoms and risk for the disease, and when and where to seek help.

Make a difference. STAY HOME.

All the county leaders strongly urge you to follow *all three of the [State Health Orders](#), which as of Friday were extended until April 17th*. Please do your part to stop the spread of COVID-19.

DO THE FIVE, STAY ALIVE

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.

If you need help finding a health care provider or additional information on COVID **call 211**.

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>
<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>
5. Wyoming Department of Health State Orders:
<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-orders-and-guidance/>



**DO THE FIVE
STAY ALIVE**

Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **SPACE** Keep safe distance
- 5 **HOME** Stay if you can



