

April 14, 2020 "We may all be Carriers, So Continue with Barriers."

2:00 PM

Big Horn County

COVID-19 Update/Response

### For Immediate Release

So many have asked me privately and publicly –  
"NOW WHAT?"

"What town do I avoid?" "Where can I go to be safe?"

Nothing has changed about our recommendations.

You need to:

STAY HOME

STAY DISTANT

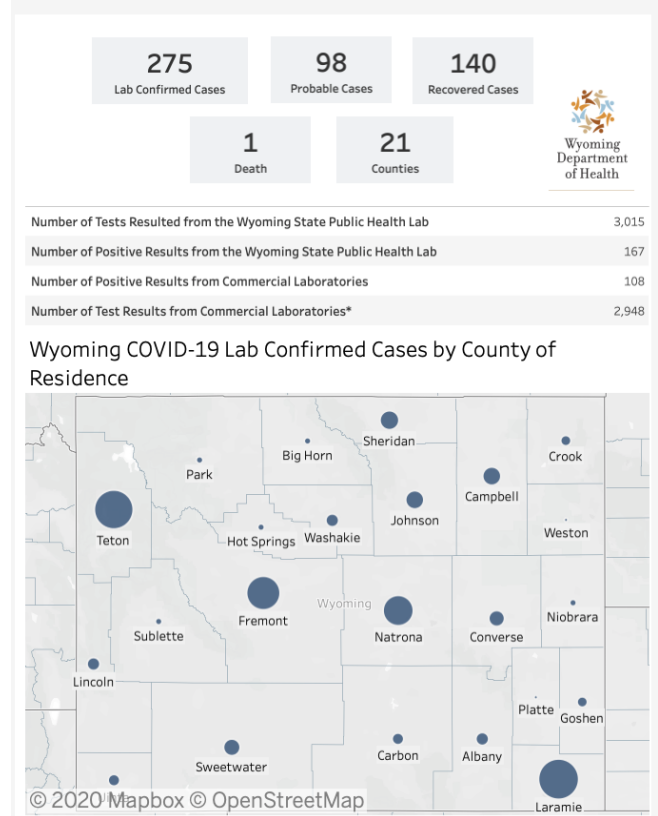
WEAR A MASK

WASH YOUR HANDS

You have to presume that everyone you come in contact with has the virus, because eventually we all will.

Let me update you on some information and then I will explain the phases of how we, in public health, try to contain and then mitigate the virus' spread.

## COVID-19 Map and Statistics



First about the death: The hospitalized Johnson County man had health conditions that put him at higher risk of severe illness and complications related to COVID-19.

### [Governor Mark Gordon](#)

*"I am saddened to learn that we have lost our first Wyoming citizen to COVID-19. This one was close to home and sadly serves as a grim reminder of the importance of following public health orders and guidance so we can reduce the number of serious illnesses and deaths in our state. Jennie and I extend our thoughts and prayers to this gentleman's family and friends."*

Second our statistics: We now have 275 cases in Wyoming, with 98 probable cases, and we are fortunate that 140 people have fully recovered, ONE DEATH in Johnson County. We have tested nearly 6000 in the state. As we now have a case with an individual who was not careful with social distancing that has brought the virus to our county. I am concerned we will see a cluster of cases here in the next several weeks. If we have 1 positive case, we have 11 others for everyone tested positive. You have to anticipate that everyone you see is infected. I plead with the naysayers: stop talking, start listening.

WTVR 6 News and the Washington Post report. A Richmond pastor died Sunday of COVID-19 just weeks after vowing to keep preaching "unless I'm in jail or the hospital." Dear citizens of Big Horn County this kind of disregard for our Stay Home Stay Distant recommendations will only bring death, sorrow and pain. If not to yourselves, as was in the case of this pastor, to your family and our community.

It is even more important that we stay at home and continue good hygiene and social distancing.

The Governor has urged,

*“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!”**

Let me explain what Public Health nationally, on the state level and here in Big Horn County have been trying to do with these recommendations. As we have no cure for this virus, there are five phases to combat its spread:

#### **Phase 1: Containment**

This phase is long gone but it was our attempt nationally to close our borders, but the virus is here now.

#### **Phase 2: Secondary Containment**

This initial phase is designed to rapidly identify anyone who has the virus and to quickly get them quarantined to prevent the virus spreading. Any close contacts of the infected person will be tested, isolated and quarantined. State epidemiologic investigators are tracing anyone at risk of infection. The hope is to try and stop the disease in its tracks and avoid it spreading throughout the community. This phase is currently being implemented with the infected in Big Horn County.

#### **Phase 3: Delay – Flatten the Curve**

The delay strategy is designed to soften that peak and push it into the spring and summer months. The Governor urged citizens to stay at home. Measures such as closing schools, limiting gatherings and encouraging people to work from home. These measures have had the desired significant impacts on reducing hospitalizations and strain on communities that we have seen in New York City and elsewhere. We need to continue these measures or we will see a rebound peak.

#### **Phase 4: Research – Race for a Cure**

This phase has run concurrently and will include development of better tests and search for effective treatments and a vaccine. Due to the nature of developing vaccines, a real vaccine may be a year away and only of use in any potential second wave of the virus in winter 2020-21.

#### **Phase 5: Mitigation**

This is the final phase of the government’s strategy and is effectively triggered once the disease is widespread and unable to be stopped or even slowed. At that stage and faced with huge numbers of the population, as much as 80 per cent, infected, the emphasis will shift to saving as many lives as



possible and maintaining public order and the continuation of public services. We hope we will not see this phase in Big Horn County as they have in New York. It will only be a reality if we can stay in Phase 2 and 3 with your efforts.

Wyoming has not seen its peak yet and we don't want to let up.


"We may all be Carriers, So Continue with Barriers."



If you need help finding a health care provider or additional

## STAGES OF GRIEF

We are all experiencing a different point along the stages of grief with COVID



**DENIAL**

You find it hard to believe that it is true

**ANGER**

You are angry because your life is now different

**BARGAINING**


You try to figure out what you can do to change it

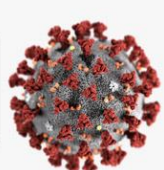
**DEPRESSION**

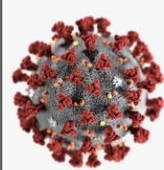
You are sad or scared about the uncertain future

**ACCEPTANCE**


You accept that this is your **NEW REALITY** & try to adjust







Modified by David Fairbanks, MD





## 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

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)** or text **"WYO"** to **741-741** for the Crisis Text Line. Veterans can call: 1 800-273-8255.

Please don't get angry with me, the Governor, the school principal or anyone else. The truth will always be the truth and we are just trying to share accurate information.

Check where you are on the diagram above. If you are having trouble dealing with this, reach out for help.

Respectfully,  
David Weston, Fairbanks, MD, FAFP  
Big Horn County Health Officer  
and the entire  
Big Horn County Incident Management Team



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. Big Horn County COVID-19 INFORMATION LINE 307-568-4031  
Or Email us @ [covid-19@bighorncountyywy.gov](mailto:covid-19@bighorncountyywy.gov)
3. Park County Public Health Coronavirus Information Line: 754-1870 or 527-1870  
(Updated regularly). Big Horn County may use this.
4. 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>.
5. CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
6. Wyoming Department of Health State Orders:  
<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-orders-and-guidance/>

