

March 20, 2020  
2:00 PM  
Big Horn County  
COVID-19 Update/Response

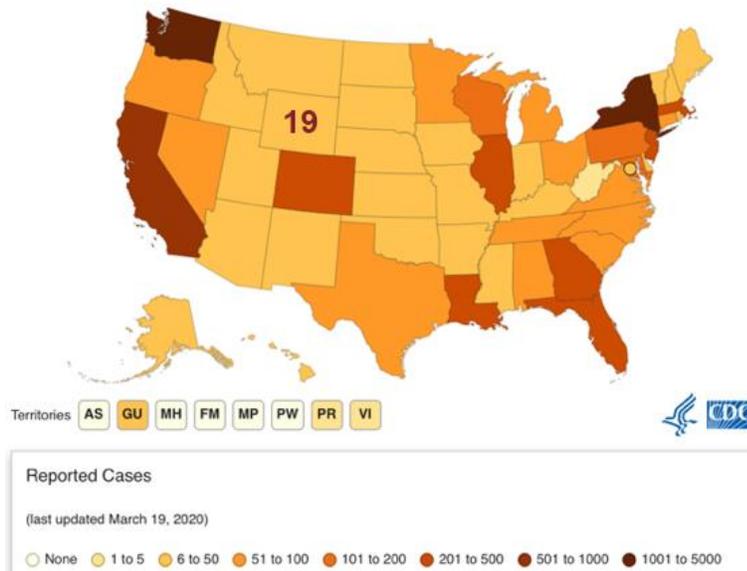
**For Immediate Release**

We are all familiar with the signs that warn us that we can't even travel through National Forest unless the hay and feed we are hauling is "certified weed free." These are efforts to keep our Federal lands free of weeds that grow like viruses and infect and kill our mountain pastures.



Why should we be annoyed or discouraged at efforts we are taking as a Nation, State and County to make sure our homes and families are now "certified virus free?"

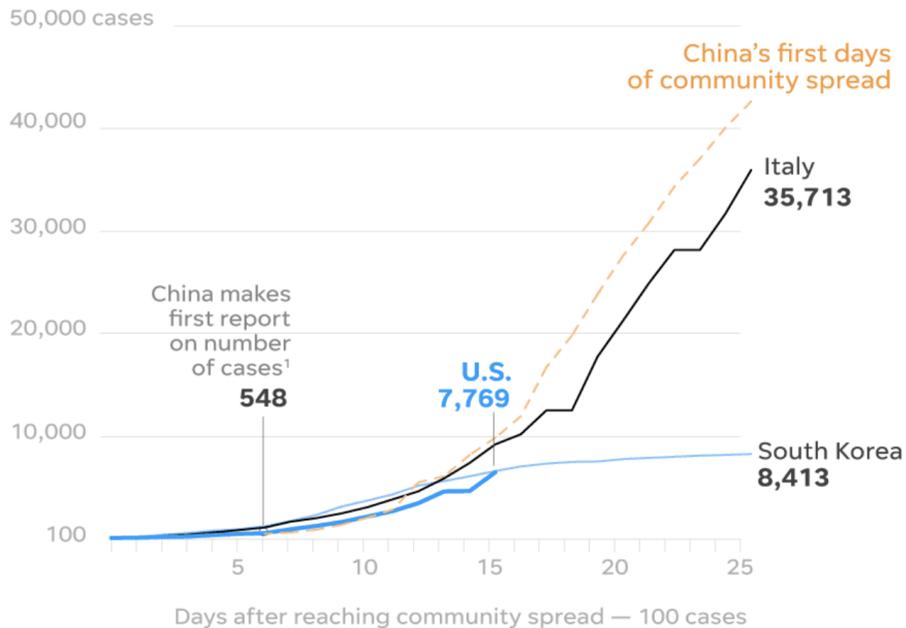
They say hindsight is 2020. Well since today is 20<sup>th</sup> March 2020, let's look back at what we've seen over last days and months with COVID-19.



We now have 19 cases in our state.

We are surrounded by counties with cases. The President and our Governor have urged us to use good hygiene, practice safe distancing and stay home to make sure we are “certified virus free.”

Why is this important? Well lets look at the rates of infection in other countries:



1 — Beginning of China's trend line based on average cases of other countries on day 6.

SOURCE Johns Hopkins University as of 5 p.m. ET March 18

We are paralleling the curve for China and Italy right now. So was South Korea, but then something happened. How did they flatten the curve? Their country took extreme measures to “Despise the Rise.”

What did they do?

1. Disciplined hygiene – same principles suggested by our health leaders
2. Avoiding crowding – same limits ordered by our health leaders
3. Stay at home – same guidelines directed by our health leaders

In South Korea they even used real time apps to update where sick people are to help well people stay away.

What have we been asked to do?

## Interventions - 15 Days

### PRESIDENT Trump's

1. **Social Distancing** - AVOID Gatherings ≤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 Order

1. **CLOSED**
  - a. Theaters, Bars and Gyms
  - b. Child Care Centers – except for families of essential workers ≤ 10/room
  - c. Schools – til 4/3 – except essential staff
2. **Restaurants** – take out ONLY

So, will this make a difference? We don't know for sure but if it worked in South Korea are we too proud, too complacent or too rebellious to try the only thing in any country that has seemed to flatten the curve?

I hope not. Let's reframe this as an opportunity to do things we haven't been able to do before. I heard a parent talking about how wonderful it has been for his children, who have been able to get their school work done quickly and explore new learning opportunities for fun that they previously had been too busy to do.

A wheelchair bound patient was asked was it hard to be restricted to his chair? He replied me chair does not restrict me it liberates me, without it I would be unable to move about.

Let's find ways to think about this new challenge as liberating and not restricting as we try to keep Wyoming and Big Horn County "weed free."

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>