

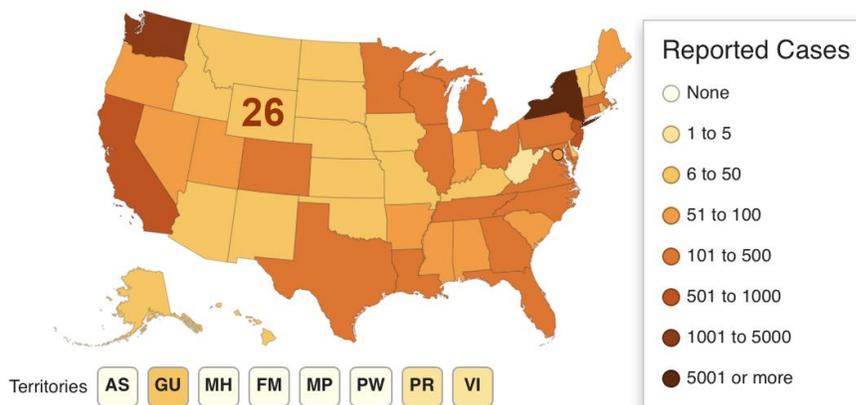
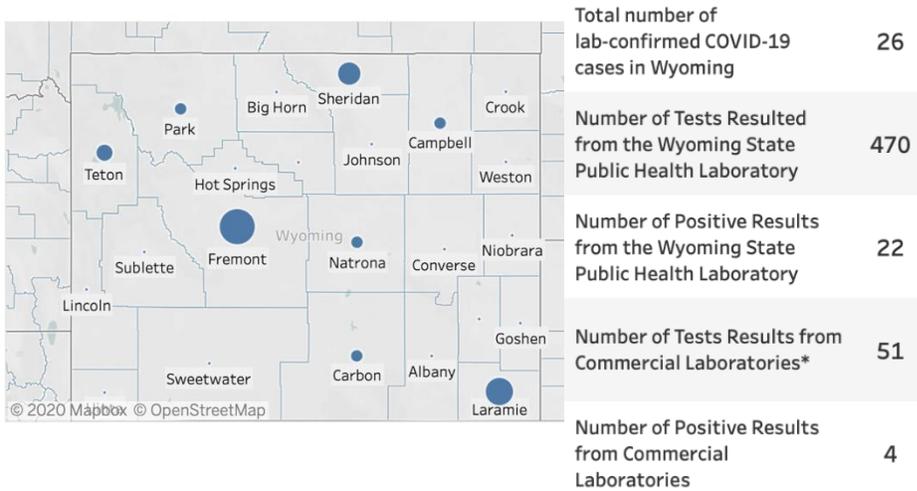
March 23, 2020 "Do the Five, Stay Alive"
 2:00 PM
 Big Horn County
 COVID-19 Update/Response

For Immediate Release

As of 12 pm Monday, we have NO confirmed cases in Big Horn County! We have 26 cases in the State of Wyoming. Dr. Alexia Harrist, State Epidemiologist and Health Officer stated today.

"We've created a page with # confirmed cases and tests done by county and will put up aggregated demographics for the cases later today."

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-map-and-statistics/>



We want to get all our citizens sharing our Websites. We want you to have “facts without fear.” Several strategies are important:

1. Don't have a constant diet of news feeding your fears.
2. Be careful about the sources you watch or read. Some don't have accurate information. Some exaggerate information to sell air time.
3. I promise to release only timely and accurate information every day.

Do the things we have been talking about:
“DO THE FIVE TO STAY ALIVE”

I had one staff member ask (at an out of county facility) if he had to throw his clothes away after we tested an individual. I told him NO.

But it may be a good technique to keep your coats and shoes outside on the porch or in a mudroom.

If you are a first responder or health care worker, you may want to change out of your clothes and put them straight into the wash.

Then always wash your hands soon after you come home to keep outside, out.

Keep your surfaces clean and routinely disinfect shared spaces, phones and keyboards. Think of your house as a clean room that you want to keep clean.

The novel coronavirus, SARS-CoV-2, remains viable in aerosols for hours and on surfaces for days, according to a new study.



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



The data indicate that the stability of the new virus is similar to that of SARS-CoV-1, which caused the SARS epidemic, researchers report in [an article](#) published on the medRxivpreprint server. (A version of the article has been [published online](#) by the *New England Journal of Medicine*.)

Recently you may have heard that there are drugs that have shown early signs of improving symptoms for coronavirus patients. Please remember, there is currently no evidence-based medication recommended for COVID-19/Coronavirus. You may ask why we don't just give these medications to everyone. These medications, as any medication, have side effects. The "prime directive" of medicine is to "First do no harm." Be assured that well designed scientific studies are currently underway to verify if these and other medications are effective against COVID-19 and we are awaiting these results.

Anyone offering you a test or promising a cure, treatment or prevention that is effective is selling a scam. Please use official channels with your primary care provider or the county and state health departments.

My duty is to get Big Horn County citizens the needed testing, treatments and vaccines as soon as they become available.

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>