

March 25, 2020 "Swerve the Curve - Maybe the curve is bending a little in Washington"

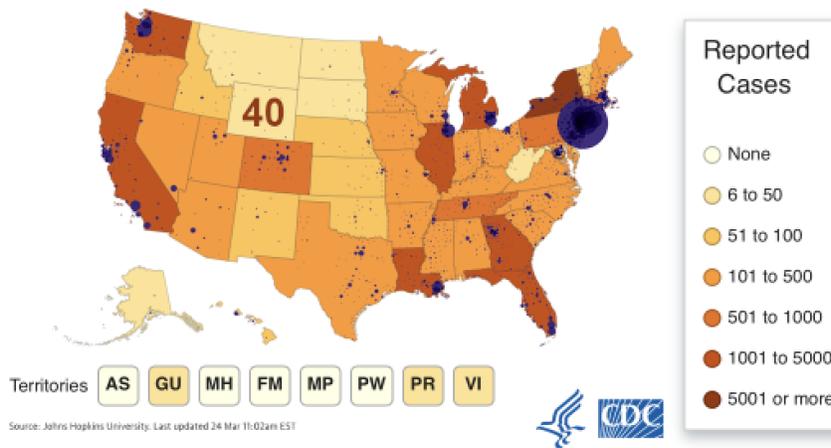
2:00 PM

Big Horn County

COVID-19 Update/Response

### For Immediate Release

As of 9 am Wednesday, we have NO confirmed cases in Big Horn County! We have 40 cases in the State of Wyoming. NO deaths and 7 recoveries. It should be noted that the one case in Park County has not generated a cluster of positive cases in over a week. This is a good sign. But I am sure we still have cases out there that have not yet been tested.



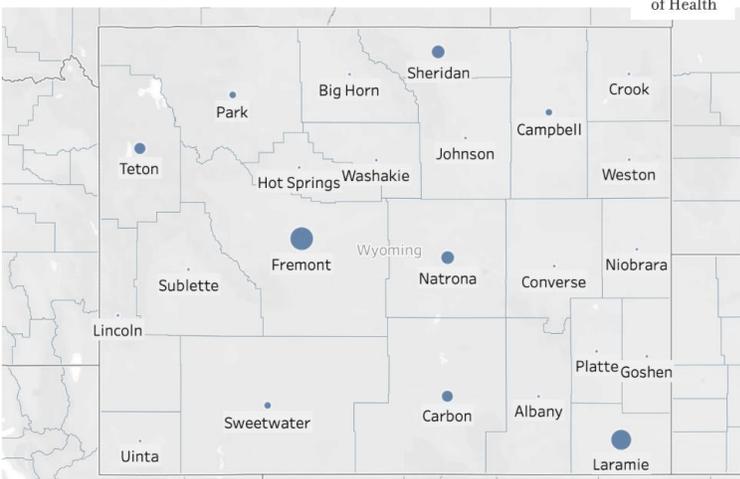
### Wyoming Statistics:



Cases include people with a laboratory confirmed test for COVID-19.

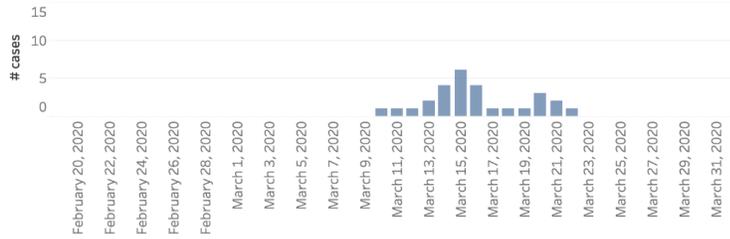
### Wyoming COVID-19 Cases by County of Residence

updated Wednesday, March 25, 2020 7:21AM



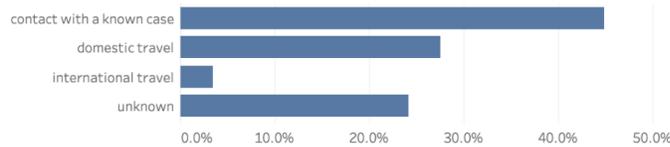
## Wyoming Statistics Con't:

### Cases by Date of Positive Test

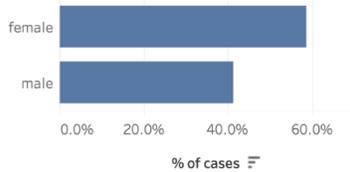


Number of Positive Results from the Wyoming State Public Health Laboratory	35
Number of Positive Results from Commercial Laboratories	5
Number of Tests Results from Commercial Laboratories*	171

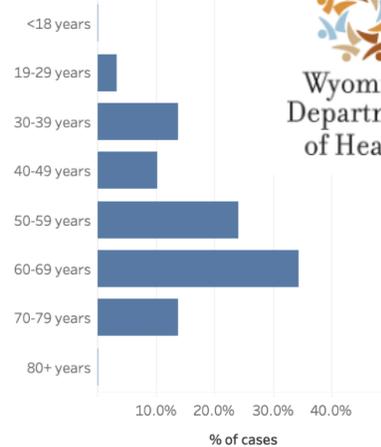
### Cases by Exposure Risk



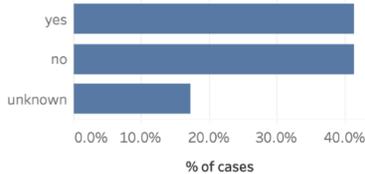
### Cases by Sex



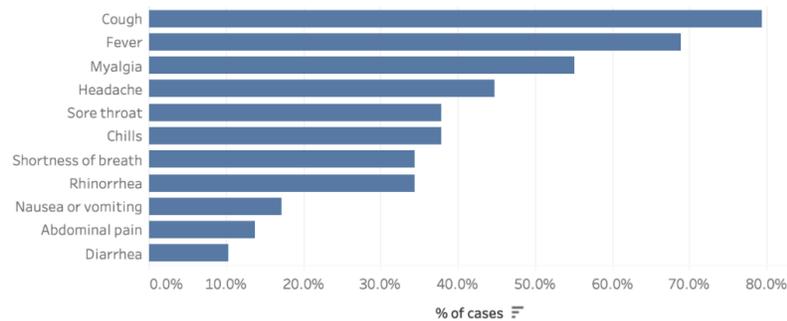
### Cases by Age Group



### Cases with Underlying Health Conditions



### Symptoms Reported by Cases



## Global Statistics:

### Coronavirus updates

Confirmed cases

**438,749**

Deaths

**19,674**

Recovered

**111,431**

Data correct at 08.25 UTC 25 March

As the virus continues to spread globally (above) and in the U.S. and Wyoming it is important to note that our efforts to social distance and use good hygiene may be having an effect. And among those infected, worldwide there have been many more recoveries than deaths. Although it is still too early to tell, there has been a drop in the rate of spread in Washington State. CNN reports, "Washington, home to some of the earliest US Covid-19 cases, case numbers are still rising. But the rate of increase appears to have stabilized, increasing by an average of about 12% each day this past week, compared to an average of nearly 30% each day the week before."

HHS.gov Nobel laureate biophysicist, Michael Levitt, at Stanford University says he "sees signs that the United States may get through the worst of the COVID-19 pandemic well before many health experts have predicted." Levitt said he "can see a better outcome in the U.S. than has been seen in China, Italy or Iran, especially with reasonable social distancing measures in place."

#### New Order

Yesterday the State ordered the following businesses CLOSED: hair & nail salons, barbershops, massage parlors, tattoo, piercing, and other cosmetology businesses

#### Daily Activities

- Consider staying home. All citizens — healthy or sick — Consider only leaving your home for essential tasks, such as work (if you work for an **essential business or entity**), getting groceries and supplies or essential medical care. You may also leave for solitary exercise. Try to use delivery services when possible.
  - When you must go out for essential tasks or solitary exercise, keep at least six – ten feet of distance between yourself and others.
- Wash your hands with soap and water often, for at least 20 seconds every time, or use an alcohol-based hand sanitizer.
- Do not touch your face unless you recently washed your hands.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing. Do not use your hands.
- Do not shake hands. Instead, wave.



## 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

**If you still have a business or building that essential employees or visitors or distributors enter, consider screening them with the following questions and taking their temperature at the door:**

1. Have you traveled outside the state of Wyoming in the last 14 days?
2. Have you had contact with anyone with confirmed COVID-19 in the last 14 days?
3. Have you had any of these symptoms in the last 14 days?
  - Fever greater than 100
  - Difficulty breathing
  - Cough

If you answered YES to question 1, you may be invited to work from home or maintain at least 10 foot spacing. If you answered YES to questions 2 or 3:

- You may be asked to not enter voluntarily to help stem the spread of COVID-19.
- Please call your primary care provider or your State Department of Health for further direction.

### **Self-Monitoring and Getting Tested**

While at home, all citizens should monitor their health. Self-monitoring means you check yourself for fever and remain alert for COVID-19 symptoms — fever, cough, shortness of breath and sore throat.

If you think you have COVID-19 and your illness is mild, you do not need to see your health care provider and you will not be tested. Getting tested will not change what your provider will tell you to do to get better. They will tell you to stay home so you do not get others sick.

Unless you are hospitalized and a diagnosis will impact your care, you will not be tested. Limiting testing protects health care workers and saves essential medical supplies, such as masks and gloves, that are in short supply.

U.S. Surgeon General, Jerome M. Adams, MD, MPH, reports today that testing has increased 10 times.

### **When to Consult with Your Health Care Provider**

You should contact your provider if you have fever, cough, shortness of breath or other cold or flu-like symptoms and do not feel better after three to four days. Reach out to your provider by phone or online rather than going to them in person.

Your provider will decide if you need to go for medical care.

What can you do?

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

Stay Home. Stay Distant. Stay Safe!  
Counter COVID with Clean Counters!  
Swerve the Curve



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.bighorncountywy.gov>  
<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>