

## ABOUT COVID-19

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. For more information, see the U.S. Centers for Disease Control and Prevention's [What You Need To Know About Coronavirus Disease 2019 fact sheet](#).

The rise of concern about the Coronavirus prompted us to reach out to make sure you have the most accurate and recent information about the pandemic. We hope you will find this valuable for yourselves and when responding to concerns from travelers.

The current risk in Fremont County, specifically, and Wyoming, generally, is **LOW**.

The **Lander Medical Clinic** distributed these tips for preventing the spread of the Coronavirus:



Best Protection from COVID-19 - The best ways to avoid any cold or flu virus, as well as, COVID-19 include:

- 1) Wash hands **OFTEN** for at least 20 seconds, and if no water is available use alcohol-based hand sanitizer with at least 60% alcohol. Times to consider washing are before eating, after using the toilet, after cough and sneezes, handshakes, etc.
- 2) Get a FLU vaccine if you have not already done so
- 3) Avoid close contact with people who are sick
- 4) Avoid touching your eyes, nose and mouth with unwashed hands
- 5) Cough or sneeze into a tissue, throw the tissue away, then WASH your hands. If no tissue is available, use the inside of your elbow as a cough barrier.

### Masks

Wearing a mask **if you are not ill** does not completely protect from the virus and is currently not recommended. Wearing a mask **if you are coughing and sneezing** can help prevent the spread of your respiratory droplets to others.

### Vaccines

There is NO current vaccine for COVID-19. The flu vaccine is still recommended and can offer protection from Influenza A and B.

### Medication

There is NO current medicine to specifically treat COVID-19. Tamiflu is a possible treatment for Influenza A and B.

## FEELING SICK?



### What to do if you are sick

- 1) Stay home when you are sick. This hopefully helps you recover faster, AND it helps PROTECT others in the community who may be at higher risk from INFLUENZA or COVID-19 virus infection.
- 2) Cover your cough or sneeze as noted above.

- 3) If you are coughing, consider wearing a mask to prevent the spread of your germs to others.
- 4) Clean and disinfect frequently touched objects and surfaces with standard cleaning supplies.

### When Should I call my Health Provider?



Fever >100.4°F



Cough



Shortness of Breath

IF you have a temperature of over 100.4, a worsening cough, or difficulty breathing. If you are specifically concerned about a COVID-19 infection because you have **fever, cough, and/or shortness of breath AND you have traveled in China, Japan, Italy, Iran, South Korea in the past 14 days.**

### **You should IDEALLY CALL your provider FIRST**

It is **important to call ahead** because:

- Your provider, with Wyoming Department of Health's help, will determine your risk for COVID-19 infection
- Any testing would need to be coordinated between the CDC and the Wyoming Department of Health *so coordination is important.*
- Coordinating with the appropriate lab is paramount so this facility can safely and accurately perform the test.
- **Currently testing will ONLY be done in hospital settings - NOT in a clinic**

### **IN SUMMARY**

To stay well in cold and flu season:

- 1) Wash hands OFTEN for at least 20 seconds, and if no water is available use alcohol-based hand sanitizer with at least 60% alcohol
- 2) Get a FLU vaccine if you have not already done so
- 3) Avoid close contact with people that are sick
- 4) Avoid touching your eyes, nose and mouth with unwashed hands
- 5) Cough or sneeze into a tissue, throw the tissue away, then WASH your hands. If no tissue is available, use the inside of your elbow as a cough barrier.

If you have fever, cough, or shortness of breath AND you have traveled to China, Japan, Italy, Iran and South Korea in the past 14 days you should:

- 1) First, call your provider to get further direction.
- 2) You may also call Public Health at (307) 856-6979.