



At Lander Medical Clinic & Western Family Care your health and safety are our primary focus. As you may know from ongoing news reports, COVID-19 infections have been increasing around the world, including in the US. From the onset of the outbreak in China, Fremont County Public Health staff has been working with health care providers in the county and with the Wyoming Department of Health to maintain readiness if COVID-19 should affect people here. We are sharing the following info to keep you informed.

What is COVID-19?

COVID-19 is the disease name. The disease primarily causes upper respiratory symptoms including fever, cough and, potentially, shortness of breath.

SARS-CoV-2 is the virus which causes COVID-19. SARS-CoV-2 is in the coronavirus family. This is a new strain of a common virus, initially thought to come from bats, that is now passing from person to person.

As most of you know, this is also the season for the common cold, RSV, and Influenza - all of which are caused by viruses which can have similar symptoms to COVID-19 infections. These viruses, most likely, will continue to be the main sources of illness this winter here in Fremont County.

Risk of COVID-19 infection?

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

The specific COVID-19 risk factors include:

- 1) Caring for an individual who has KNOWN COVID-19 infection documented by lab testing
- 2) Travel to **China, South Korea, Italy, Japan and Iran** in the past 14 days

How does the virus pass from one person to another?

Our current understanding suggests that the virus is **primarily** shared from one person to another through respiratory droplets as we cough and sneeze, as well as close contact. There may be some transmission of a virus remaining on objects as well but this is not thought to be the main way.

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, 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.

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?

→ 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:

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

If you would like to learn more, here are some helpful educational links.

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/>

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

<https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html>

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/flu/treatment/takingcare.htm>