

PUBLIC HEALTH NOTICE: COVID-19

3/23/2020

On March 11, 2020, the World Health Organization declared a worldwide pandemic resulting from the spread of a novel coronavirus. The illness from this virus is known as COVID-19.

On March 13, Idaho's Governor Brad Little issued a proactive emergency declaration to aid coronavirus response efforts in the state. Since that time, emergency declarations have been made by multiple cities and counties in response to COVID-19—both to help slow the spread and reduce the impact of the illness within our communities. Our country is experiencing unprecedented times with this pandemic. Eastern Idaho Public Health (EIPH) supports proactive measures taken so far by governmental officials, businesses, individuals, and others.

EASTERN IDAHO PUBLIC HEALTH ASKS THAT THE FOLLOWING RECOMMENDATIONS BE FOLLOWED BY EVERY RESIDENT IN THE FOLLOWING COUNTIES:

BONNEVILLE

CLARK

CUSTER

FREMONT

JEFFERSON

LEMHI

MADISON

TETON

There are confirmed cases of COVID-19 in EIPH's eight-county region. As we have observed the pattern of disease across the nation and world, we do expect that at some point in time, we will experience widespread disease in our communities. While public health has long been promoting personal measures to prevent illness, they are more important now than ever. **TO SLOW THE SPREAD AND IMPACT OF COVID-19, EVERY SINGLE PERSON MUST TAKE PART IN PROACTIVE MEASURES NOW.**

These precautions are especially important for vulnerable people, which includes individuals over the age of 60 and people with underlying health conditions like heart or lung disease.

1. CREATE SPACE BETWEEN YOU AND OTHERS (SOCIAL DISTANCING)

- Avoid social gatherings of more than 10 people.
- Maintain six (6) feet of separation between you and others.
- Avoid close contact with people who are sick.
- Limit unnecessary travel.
- Use drive through and delivery services for everyday errands as much as possible.

2. PRACTICE GOOD HYGIENE

- Wash your hands (or use hand sanitizer) for at least 20 seconds, especially after touching any frequently used items or surfaces.
- Avoid touching your face.
- Cover your sneezes and coughs with a tissue or the inside of your elbow. Throw the tissue away and then make sure to wash your hands.

3. DISINFECT FREQUENTLY USED ITEMS AND SURFACES

Whether in your home, school, business, or elsewhere – clean and disinfect frequently used items and surfaces as often as possible.

4. CONTINUE WITH OTHER PRACTICES THAT PROMOTE GOOD HEALTH

- Eat healthy.
- Get rest.
- Engage in physical activity. Get outdoors while still maintaining social distancing.
- Manage your stress.
- Stay connected with others virtually.

5. IF YOU ARE SICK

It is important to stay home when you are sick with any illness. COVID-19 is transmitted easily from person-to-person, and staying home (self-isolating) is critical to reduce spreading it to others. The primary symptoms of COVID-19 are listed below:

Fever

Cough

Shortness of Breath

The majority of people who contract COVID-19 experience mild symptoms that do not require hospitalization and recover fine at home. Unless your symptoms require medical attention, EIPH is instructing individuals to stay home for:

- A minimum of 7 days **OR** 3 days after symptoms (fever, cough, and/or shortness of breath) have stopped, **WHICHEVER IS LONGER**.

If your symptoms are severe, and you require medical treatment, call your healthcare provider **FIRST** to inform them of your situation and receive instructions. Visit the Emergency Room (call ahead) or call 911 only if your symptoms (COVID-related or other) are significant enough for you to need emergency care.

TESTING FOR COVID 19

- At the present time, with limited COVID-19 testing supplies nationwide, healthcare providers locally must prioritize testing for those who are most vulnerable and have the highest risk of being a carrier.
- The demand for testing by people who are not very sick is putting a strain on healthcare systems. Test materials and personal protective equipment (PPE) are being used at a faster rate than normal because of the demand. People should be encouraged to allow the limited supplies to be used for the sickest and highest risk individuals.
- A positive test for the virus that causes COVID-19 will not change a healthcare provider's recommendations for medical treatment unless the patient is very sick and hospitalized. People should seek care if they are very sick; otherwise, they should follow the recommendations of EIPH.

A NOTE ABOUT THE 14 DAY SELF-ISOLATION PERIOD

You may have heard of a 14 day self-isolation period related to COVID-19 for individuals returning from travel, being in close contact with someone who tested positive for the disease, or close contact with a household member who is experiencing symptoms. This may or may not be appropriate, based on individual circumstances. PLEASE CONTACT EIPH FOR FURTHER GUIDANCE.

Eastern Idaho Public Health's recommendations may change as this situation evolves. If you have any questions or concerns that are not covered in this document, please feel free to call our hotline or send an e-mail to covidquestions@eiph.idaho.gov.

EIPH COVID-19 Hotline: (208) 522-0310 or toll free at (855) 533-3160.

Stay up-to-date by visiting www.EIPH.Idaho.gov or our Facebook page @EIPH.Idaho.