



Uinta County COVID-19 Update 3/23/20

No Confirmed Positive Cases in Uinta County; Wyoming Cases Rise to 26

As of this afternoon, there are still no new cases of COVID-19 in Uinta County.

The total number of cases in the state has grown to 26, across 8 counties (Campbell 1, Carbon 2, Fremont 10, Laramie 7, Natrona 1, Sheridan 4, Teton 2.)

The supply of tests right now is not enough to keep up with demand. This means we have to prioritize who gets tested right now.

Local healthcare offices and Evanston Regional Hospital are providing coronavirus testing based on priority guidelines from the Wyoming Department of Health and their clinical judgment.

If you think you have symptoms of COVID-19, please **call** your primary care provider and tell them you believe you have symptoms. **If you believe you are having an emergency, call 911** and tell the dispatcher you believe you have symptoms.

If you have mild symptoms, it is important that you stay home unless your symptoms become severe and you need medical attention. Don't go to work, school, church, the store, use public transportation, or visit other public areas. At home:

- Stay away from others in the home as much as possible
- Wear a mask when you need to be around others in the home (surgical mask is fine)
- Wash your hands frequently, and ensure others in the home do the same
- Cover coughs and sneezes with your elbow or a tissue that is immediately put in the trash
- Disinfect surfaces frequently (door knobs, shared bathrooms, tables, chairs, countertops)
- Do not share household items
- Drink lots of fluids and get lots of rest
- Follow your primary care provider's guidance for care

Most people with COVID-19 report:

- Fever
- Dry, harsh cough
- Shortness of Breath
- Body Aches
- Headache

Symptoms usually start between 2 and 14 days after being exposed to the virus.

The best thing that county residents can continue to do to prevent or slow the spread of the coronavirus here is follow the State Health Officer's orders regarding gatherings of over 10 people and restaurant/bar closures.

Practicing good hand and cough hygiene, and social distancing remains key. Wash hands with soap and water frequently, for 20 seconds, (or using hand sanitizer if no soap and water are available.) Stay home when sick and avoid contact with other people unless you need medical attention.

County leaders are meeting frequently to assess the community's needs and make plans to respond when the virus spreads in our community.

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