



4/1/20-- Uinta County COVID-19 Update

Is COVID-19 Circulating in our Communities?

The number of confirmed positive cases of COVID-19 in Uinta County is still zero as of this morning.

Of course, there is a good chance that there are undiagnosed and untested cases in our communities, due to low testing capacity, and the fact that this is a new virus that our body's aren't ready to fight. This makes it more likely that it could spread quickly.

Dr. Harrist, State Health Officer for the Wyoming Department of Health stated in a news release from today, April 1, 2020, "There are likely more illnesses than we have been able to track. We believe there is local community spread in Wyoming."

However, the fact that we have not yet had anyone show up in the hospital, very sick, in need of serious respiratory support, and testing positive for COVID-19 is a very positive signal that it isn't yet circulating widely.

Despite the scary prospect of how far this could go, this is good news so far for us.

But, given the fact that this thing might be sneakily circulating, what do we do?

"If you have a fever or cough, you might have COVID-19," Dr. Harrist said. But, also, "We know most people who are infected have mild illness and are able to recover at home without medical care."

So, here's' what we do:

"If you're sick, we need you to stay home except to get medical help if your symptoms include trouble breathing, steady chest pain or pressure, or bluish lips or face. We suggest calling ahead to a medical professional for help to decide whether you need more evaluation or calling 911 for an obvious emergency."

When you're ill also,

- Avoid close contact with other people in public areas
- Keep away from other people at home as much as possible
- Cover coughs and sneezes
- Wash hands often
- Avoid sharing personal household items like eating utensils and drinking glasses
- Clean high-touch surfaces frequently

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