



## ***5/13/20-- Uinta County COVID-19 Update***

### **SEEKING TO BE INFORMED AND PREPARED DOESN'T MEAN SCARED**

**--There's a difference between being afraid or full of anxiety, and doing your best to both prepare for and prevent crises, or disasters, (or outbreaks.)**

By practicing prevention, poor outcomes can be avoided. By preparing, negative impacts can be lessened. By remaining informed and aware of the situation, everyone can make the best decisions. These things aren't about fear, they're about making the best decisions possible, based on current evidence, and practicing prudence.

It would be both unwise and irresponsible to ignore the effects of the virus in other parts of the country/world, and to not take preventative steps, or not prepare for the possibility of illness coming here.

Being prepared, and giving ourselves the time to prepare through preventative measures, actually serve to lessen fear about what may be coming. When people know how they can keep themselves and their communities safe that can empower them.

The situation is still an active situation, with potential to continue to do harm, even as the country improves in capacity to test and contact trace. As a novel virus, there has not been previous human immunity to it, which makes the future path of the virus uncertain. Continued caution, prevention and preparation activities are warranted as we move forward.

Wyomingites have remained reasonably safe, thankfully, but our country and other states have been impacted by the virus and that affects our economy and us.

It is important to continue to be aware of what is going on in the community and in the world with regards to the virus. Reminders of preventative measures are to help keep our community safe and able to work and play and live how we want to live.

The effects of prevention are hard to see. When something doesn't happen, it is hard for us to see that something was avoided. As State Health Officer Dr. Alexia Harrist put it, "When actions help, people question the actions."

Kudos to our community for making level-headed, thoughtful decisions moving forward within this worldwide situation.

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