

WYOMING KEY POINTS

OCTOBER 2020

Coronavirus Disease 2019 Outbreak

COVID-19

Wyoming COVID-19
Lab Confirmed Cases

6,899

Wyoming Stats

Lab Confirmed Cases

Total Lab Confirmed Cases	6,899
Total COVID-19 Related Deaths	53
Confirmed Cases Recovered	5,504

Probable Cases

Total Probable Cases	1,033
Probable Cases Recovered	819

Total Active Cases

1,342

Affected Areas

- Albany
- Big Horn
- Campbell
- Carbon
- Converse
- Crook
- Fremont
- Goshen
- Hot Springs
- Johnson
- Laramie
- Lincoln
- Natrona
- Niobrara
- Lincoln
- Natrona
- Park
- Platte
- Sheridan
- Sublette
- Sweetwater
- Teton
- Uinta
- Washakie
- Wind River
Indian
Reservation
- Weston

FLU SHOTS MORE IMPORTANT THAN EVER THIS YEAR

With influenza season approaching, a Wyoming Department of Health (WDH) official says flu shots are more important than ever this year to help protect Wyoming residents from influenza as the COVID-19 pandemic continues. "We consider flu shots to be the first and most important step in flu protection," said Dr. Alexia Harrist, state health officer and state epidemiologist with WDH...

Although most healthy people recover from the flu and COVID-19, they can spread both viruses to those who are at high risk for serious complications. "We've been asking people to think of others with our coronavirus-related recommendations this year," Harrist said.

Harrist said influenza B viruses were dominant at first during the previous season. "Influenza A, which is typically associated with more deaths, had started to take over in the period leading up to the recognition of COVID-19 as a concern," she said.

"Reported flu activity dropped sharply in March as COVID-19 concerns and restrictions went into effect. Because they are both contagious respiratory illnesses, the restrictions intended to slow the spread of COVID-19 also likely lessened the impact of influenza."

"As we approach a new flu season, we know flu viruses will circulate while COVID-19 remains a threat," Harrist said. "Because there are fewer restrictions in Wyoming now than in the spring, we are concerned about the potential harm to our residents and strain on our healthcare system from the combined threat of both influenza and COVID-19."...

Flu vaccines are especially important for those vulnerable populations which include: young children; pregnant women; people with chronic health conditions such as asthma, diabetes, or heart and lung disease; and people 65 years and older. Healthcare workers and people who may live with, care for, or are in contact with high risk individuals or infants six months of age and under, should also get the flu vaccine.

Influenza vaccines are available in many locations, including local public health nursing offices, workplaces, doctors' offices, pharmacies and retail stores and are covered by most insurance plans. In addition, Wyoming's public vaccine programs, which are available at participating providers, help protect some adults and children from vaccine-preventable diseases, such as influenza, at little to no cost for eligible patients.

You can find the entire article here: <https://health.wyo.gov/flu-shots-more-important-than-ever-this-year/>



CDC KEY POINTS

SAFELY WEAR AND TAKE OFF A MASK

How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE A MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water



Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

For up to date information about COVID-19 visit the following:

- Visit CDC's [COVIDView](#) for a weekly summary and interpretation of key indicators that have been adapted to track the COVID-19 pandemic in the United States.
- On April 15, CDC began posting demographic characteristics of [COVID-19 cases in the United States](#).
- [CDC COVID Data Tracker](#) provides frequently updated surveillance data and contains cumulative counts reported to the CDC since January 21, 2020.

Laboratory

WPHL

Number of Tests 70,802

Private Lab

Number of Tests 109,714

Total Lab Tests

180,516

Total Confirmed Positive Tests:

6,899

KEYS TO HELP FIGHT COVID-19:

KEY Stay home if you are sick.

KEY Wash your hands regularly with soap and water.

KEY Wear a mask in public or when you aren't able to social distance.

KEY Keep 6ft apart when possible in public settings.

CDC Snapshot

Total Cases

7,528,313

Total Deaths

211,132

Total Tests Reported

121,938,898

[Symptom Self-Checker](#)



SOCIAL MEDIA

LIKE AND SHARE!

Key Messages going out on social media include the following:

- WDH ad campaign
- CDC COVID-19
- Preparedness messages
- Share messages from Governor Gordon, WOHS, and WDH

RUMORS OR HIGHLIGHTS?

Send to uc.pio@wyo.gov

2-1-1 UPDATE

COVID-19 CALL REPORT

Total 211 Calls/Emails:	4288
Total COVID Calls/Emails:	1333
Website visits: COVID FAQ	3382

CONTACTS

Plans

uc.plans@wyo.gov

Operations

uc.ops@wyo.gov

Logistics

uc.logs@wyo.gov

Finance

uc.finance@wyo.gov

Public Information

uc.pio@wyo.gov

WEBSITES

[Wyo Dept of Health](#)

[WISP](#)

[Wyoming COVID-19](#)

[Wyoming Hunger Initiative](#)

[Federal COVID-19](#)

[CDC COVID-19](#)

[WDH Behavioral Health](#)

SOCIAL MEDIA

[Governor Mark Gordon](#)

[WDH-PHPR](#)

[WOHS](#)

[CDC](#)



BEHAVIORAL HEALTH AND WELLNESS

REDUCE YOUR STRESS:

- Know the **common signs of stress**.
- Talk with **family and friends** by **phone, text, or email**.
- Take breaks from **news stories, including social media**.
- Practice **healthy habits, including exercise**.



Everyone reacts differently to stressful situations like #COVID19. You may feel anxiousness, anger, sadness, or overwhelmed.

If you or a loved one is feeling overwhelmed, get support 24/7 by calling 1-800-985-5990 or text TalkWithUs to 66746.

Learn more:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>



“Make preparations in advance – you never have trouble if you are prepared for it.”

THEODORE ROOSEVELT

Día de los Muertos Safety

Reduce the risk of COVID-19 transmission by taking precautions during Día de los Muertos, while still enjoying the festivities.

WDH offers guidance for lowering the risk of activities associated with the celebrations.



Wyoming
Department
of Health

Families

- ✓ Wash hand frequently or use hand sanitizer often while participating in celebrations.
- ✓ Wash your hands thoroughly when you return from activities.
- ✓ Participate in low-risk outdoor activities whenever possible and maintain 6-foot distance from other households.
- ✓ Make Día de los Muertos themed or decorated face coverings.
- ✓ Prepare traditional family recipes. If sharing meals with others, deliver them in a way that doesn't involve close contact.
- ✓ Make an outdoor ofrenda for neighbors to enjoy.
- ✗ Avoid large dinner parties with people from different households or geographic locations.

Communities

- ✓ Organize virtual celebrations or community displays that people can enjoy from a distance.
- ✓ Organize an outdoor celebration where households can maintain 6-foot distance.
- ✓ Host an outdoor open-air parade where people are distanced more than 6 feet apart.
- ✓ Large indoor celebrations with singing or chanting, or other crowded indoor events are not recommended this year.
- ✗ Do not host or sponsor activities with alcohol, which could cloud judgment and increase risky behaviors.
- ✗ Travel to other communities is not recommended.

Learn more about Día de los Muertos guidance at [cdc.gov](https://www.cdc.gov).

Halloween Safety

Reduce the risk of COVID-19 transmission by taking precautions this Halloween, while still enjoying the festivities.

While CDC considers some activities, like trick-or-treating, higher risk, WDH offers guidance for lowering the risk of that and other holiday activities.



Wyoming
Department
of Health

Families

- ✓ Use hand sanitizer frequently while engaging in trick-or-treating or other Halloween festivities.
- ✓ Wash your hands thoroughly when you return from activities.
- ✓ Participate in low-risk outdoor activities whenever possible and maintain 6-foot distance from other households.
- ✓ Use a Halloween themed or decorated face covering while participating in activities.
 - ✗ Do not wear a costume mask over a protective face covering because it can make it hard to breathe.
 - ✗ A costume mask is not a substitute for a protective face covering, unless it is made of two or more layers of breathable fabric that covers your mouth and nose without gaps around the face.

Communities

- ✓ Wash your hands frequently and sanitize frequently touched objects (e.g., doorbell) if you are handing treats out at your door.
- ✓ Use pre-filled bags of individually-wrapped candy for trick-or-treaters.
- ✓ Consider alternatives to trunk-or-treat activities, such as open-air costume parades with proper distancing or virtual costume contests. If you do host a truck-or-treat, avoid gathering in large groups.
- ✗ Large indoor parties, haunted houses, or other events are not recommended this year.
 - ✗ Do not host or sponsor activities with alcohol, which could cloud judgment and increase risky behaviors.
- ✗ Travel to other communities is not recommended.