





# CDC KEY POINTS

## 10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME

**If you have possible or confirmed COVID-19:**

- 1. Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.


- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.


- 3. Get rest and stay hydrated.**


- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.


- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.


- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow.


- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.


- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.


- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.


- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.





[cdc.gov/coronavirus](https://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 52,110

### Private Lab

Number of Tests 65,114

### Total Lab Tests

117,224

### Total Confirmed Positive Tests:

3,311

## PPE Distribution

### N-95

112,526

### Surgical Mask

255,990

### Gloves

228,550

### Face Shield

13,215

### Isolation Gowns

51,463

### Shoe Covers

700

### Thermometers

234

### Goggles

80

## CDC Snapshot

### Total Cases

6,047,692

### Total Deaths

184,083

### Total Tests Reported

85,578,139

[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](mailto:uc.pio@wyo.gov)

## 2-1-1 UPDATE

### COVID-19 CALL REPORT

Total 211 Calls/Emails: 3344

Total COVID Calls/Emails: 1211

Website visits:  
COVID FAQ 3049

## CONTACTS

**Plans**  
[uc.plans@wyo.gov](mailto:uc.plans@wyo.gov)

**Operations**  
[uc.ops@wyo.gov](mailto:uc.ops@wyo.gov)

**Logistics**  
[uc.logs@wyo.gov](mailto:uc.logs@wyo.gov)

**Finance**  
[uc.finance@wyo.gov](mailto:uc.finance@wyo.gov)

**Public Information**  
[uc.pio@wyo.gov](mailto: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

### Behavioral Health Concerns Affecting Survivors and Responders

Following an emergency event, it is common for individuals and families in and around the affected region to experience distress and anxiety about safety, health, and recovery.

People may display symptoms and reactions such as:

- Emotional symptoms such as irritability or excessive sadness.
- Cognitive dysfunction such as difficulty making decisions or following directions.
- Physical symptoms such as headache, stomach pain, or difficulty breathing.
- Behavioral reactions such as consuming more alcohol or interpersonal conflict.
- Failure to adhere to needed physical or psychiatric medication needs.

Excerpt taken from the following:

<https://www.phe.gov/Preparedness/planning/abc/Documents/disaster-behavioral-health.pdf>



**“Preparation through education is less costly than learning through tragedy.”**

MAX MAYFIELD  
DIRECTOR NATIONAL HURRICANE CENTER



# NATIONAL PREPAREDNESS MONTH SEPTEMBER 2020



## Emergency Planning Resources

- [CDC - Prepare Your Health](#)
- [CDC - Plan Ahead](#)
- [CDC - Ready Wrigley](#)
- [CDC - Create Community](#)
  
- [FEMA - Make a Plan](#)
- [FEMA - Ready Businesses](#)
- [FEMA - Ready Kids](#)
- [FEMA - Ready.gov](#)



WE REMEMBER

**09.11.2001**

*Thank you to our First Responders, Law Enforcement, Healthcare, Military, Leaders, and all others that serve our State and Country.*

