

WYOMING KEY POINTS

TUESDAY, JULY 7, 2020

Coronavirus Disease 2019 Outbreak

COVID-19

Wyoming COVID-19
Lab Confirmed Cases

1,349

Wyoming Stats

Lab Confirmed Cases

Total Lab Confirmed Cases	1,349
Total COVID-19 Related Deaths	20
Confirmed Cases Recovered	974

Probable Cases

Total Probable Cases	326
Probable Cases Recovered	260

Total Active Cases

421

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

CARE19 CONTACT TRACING APP

July 2, 2020



Governor Mark Gordon in partnership with developer ProudCrowd has made available a free mobile app to help reduce the spread of COVID-19. The app, Care19 Diary, is available now for mobile phones and already is in use in North Dakota and South Dakota.

Once the app is downloaded, users are assigned a random ID number and the app will create a diary of where an individual has visited throughout the day. The ID number of each individual contains no personal information besides location data. Individuals are then encouraged to review the diary to ensure the tracking of locations is correct, adding visits that may have been missed, or deleting others that may have been suggested in error. The app will only suggest locations of places a person visits for 10 minutes or more. A user can clear their history at any point as well.

If you test positive for COVID-19 in the future, you can use the phone diary to help contact tracers protect others that may have been in contact with you. Another option for a user is to consent to share the information about locations you've visited with the WDH to support the critical contact tracing process, but your [privacy is protected](#).

"In implementing this app Wyoming joins North and South Dakota as a leader in the response to COVID-19," Governor Gordon said. "Governors Noem and Burgum have already implemented this entirely voluntary program. Here in Wyoming, the more citizens who choose to voluntarily participate, the more effective our fight against COVID-19 will be. The information this app gathers can save lives. Embracing this technology is one more way we can show that we're all in this together."

WDH and county health officials have worked tirelessly to track COVID-19 cases in the state and limit the virus' spread through contact tracing efforts. The Care19 Diary app will help enhance the extensive contact tracing already occurring in the state.

"We are extremely excited that our work for North Dakota and South Dakota is now being used to also help the people of Wyoming" said ProudCrowd CEO Tim Brookins.

"Big thanks to Governor Gordon and his team for their partnership. We built these products with privacy as our primary design point – wide-scale adoption is the ultimate goal!"

Care19 Diary is now available in the [Apple App](#) store and the [Android Play Store](#).



As COVID-19 Cases Grow, Prevention More Important Than Ever

News from the Wyoming Department of Health – June 24, 2020

As Wyoming's reported number of lab-confirmed coronavirus disease 2019 (COVID-19) cases continue to grow, simple steps meant to limit the spread of the virus are more important than ever, according to the Wyoming Department of Health (WDH).

"We expected to see more cases over time and believe we are in a better position to respond now than earlier," Dr. Alexia Harrist, state health officer and state epidemiologist with WDH, said. "However, this virus has shown us simple actions and choices that might not seem like a big deal at the time can harm others and quickly change the disease picture within a community. That's why we need people to be mindful of what they can do to slow the spread of the virus."

Harrist said experts have learned more over the last several months about COVID-19, which is still a relatively new virus.

"We now know some individuals can transmit the virus to others before they feel or show any symptoms. This is very important because it means people can spread the virus to other people without realizing they are infected," she said.

"It's also become increasingly clear the virus spreads mainly between people when they are close to each other," Harrist said. "When an infected person coughs, sneezes or talks, the tiny respiratory droplets they produce can spread through the air to people who are nearby, typically within 6 feet."

Harrist said it is critical for people who have symptoms that could be consistent with COVID-19 to stay home from work and away from others unless medical care is needed and to ask a medical professional about testing. "We've seen examples of people spreading the virus among coworkers. Depending on the size and nature of the employer, a few sick workers or many sick workers can have potentially devastating effects on the businesses we count on for jobs and services," she said.

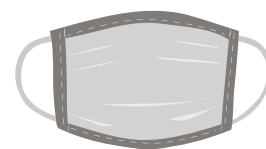
"We recommend physical distancing whenever practical because it's not always possible to know if you are infected. This remains important because of how the virus spreads," Harrist said.

WDH also recommends people wear cloth face coverings in public settings where it is not possible or reasonable to stay physically apart because they can help block virus transmission. Cloth face coverings can be purchased, made or adapted from common items and materials at low cost. They should not be placed on children younger than age 2, anyone who has trouble breathing or anyone who can't take the covering off without help.

"With summer arriving, more people are enjoying outdoor events. We encourage people to take part in these activities safely, by staying 6 feet away from people in other households and wearing face coverings," Harrist said.

Harrist also asked people to respect directions they may receive if told they have been exposed to the virus. "If you receive a personal public health order it is important to follow the requirements," she said. "Isolation and quarantine orders are one of our most important strategies to help limit the spread of a disease and to help prevent the infection of vulnerable individuals."

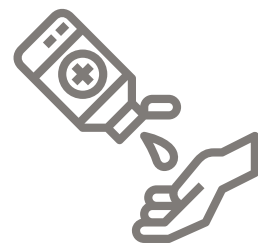
Isolation orders are generally issued for people who are known to have a disease, while quarantine orders are intended for people who have been potentially exposed to a disease as close contacts.



Wear a face covering



**Wash your hands often,
for 20 seconds**



**Use hand sanitizer with
70% alcohol**



**Practice social distancing
when possible - 6ft apart**



Follow Public Health Orders



CDC KEY POINTS

CORONAVIRUS DISEASE 2019 (COVID-19) INFORMATION

Minimizing Stigma and Misinformation

- Minimizing stigma and misinformation is important, especially during contagious disease outbreaks.
- Everyone: Know the facts about COVID-19 and help prevent the spread of rumors:
 - Fight stigma by supporting people who are coming back to school or work after completing their quarantine or isolation period for COVID-19 exposure or illness.
 - Someone who has completed their quarantine or met the requirements to discontinue infection control measures does not pose a risk of spreading COVID-19.
 - People of Asian descent, including Chinese Americans, are not more likely to get coronavirus than anyone else. Let people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.
 - Viruses cannot target people from specific populations, ethnicities, or racial backgrounds.
 - People who have not been in contact with a person who is a confirmed or suspected case are not at greater risk of acquiring and spreading this new virus than others.
 - People who returned more than 14 days ago from an area with widespread or ongoing community spread and do not have symptoms of coronavirus do not put others at risk.
- To help counter stigma, public health professionals can:
 - Maintain privacy and confidentiality of those seeking health care and those who may be part of any contact investigation.
 - Communicate the risk or lack of risk from associations with products, people, and places in a timely manner.
 - Raise awareness of COVID-19 while showing empathy for people's concerns and fears.
 - Counter myths and rumors by sharing accurate information about how the virus spreads.
 - Speak out against negative behaviors, including negative statements on social media about groups of people, or exclusion of people who pose no risk from regular activities.
- Thank healthcare workers and responders. People who have traveled to areas where the COVID-19 outbreak is happening to help have performed a valuable service to everyone by helping make sure this disease does not spread further.
- Share with others the need for social support for people who have experienced stigma, who have returned from an area with ongoing spread, or who are worried about friends or relatives in the affected areas.

Laboratory

WPHL

Number of Tests 26,361

Private Lab

Number of Tests 23,984

Total Lab Tests

50,345

Total Confirmed Positive Tests:

1,340

Specimen Kit Distribution:

71,027

PPE Distribution

N-95

99,066

Surgical Mask

215,940

Gloves

166,550

Face Shield

10,615

Isolation Gowns

31,713

Shoe Covers

700

Thermometers

219

Goggles

60

CDC Snapshot

Total Cases

1,973,797

Total Deaths

112,133

Total Tests Reported

21,693,633

[Symptom Self-Checker](#)



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

SOCIAL MEDIA

LIKE AND SHARE!

Key Messages going out on social media include the following:

- Mental/Behavioral Health
- Cloth Masks for public
- Reopening Recommendations
- Share messages from Governor Gordon, WOHS, and WDH
- CDC Guidance for COVID-19

**RUMORS OR HIGHLIGHTS?
SEND TO
UC.PIO@WYO.GOV**

2-1-1 UPDATE

COVID-19 CALL REPORT

Total 211 Calls/Emails:

2044

Total COVID Calls/Emails:

978

Website visits: COVID FAQ

2591

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

Responder Self-Care Techniques

- Limit working hours to no longer than 12-hour shifts.
- Work in teams and limit amount of time working alone.
- Write in a journal.
- Talk to family, friends, supervisors, and teammates about your feelings and experiences.
- Practice breathing and relaxation techniques.
- Maintain a healthy diet and get adequate sleep and exercise.
- Know that it is okay to draw boundaries and say "no."
- "Avoid or limit caffeine and use of alcohol."

It is important to remind yourself: It is not selfish to take breaks.

- The needs of survivors are not more important than your own needs and well-being.
- Working all of the time does not mean you will make your best contribution.
- There are other people who can help in the response.

Responding to disasters can be both rewarding and stressful. Knowing that you have stress and coping with it as you respond will help you stay well, and this will allow you to keep helping those who are affected.

