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## FOR IMMEDIATE RELEASE

**AFTON, WY** - Confirmed cases of COVID-19 continue to increase around the State of Wyoming. The Governor has asked all of us to adhere to guidance for staying at home, social distancing, and practicing good hygiene, based upon **CDC guidelines**. These measures have one purpose: to slow the spread of the disease, and allow healthcare workers valuable time to treat those who are most severely affected without being overwhelmed by large numbers of patients. If left unchecked, the disease can easily become widespread throughout communities. This would likely bring many serious patients at one time, and deplete our local capacity rapidly. The effects of overrunning medical capacity can be seen in the stories coming from Italy and other places.

## STAY AT HOME

Staying at home is the most effective way to avoid contracting the virus. The virus requires hosts to multiply and continue the spread. Once we isolate ourselves from others in the community, it removes that person-to-person transmission route. We realize that staying at home is not possible all of the time for all individuals, so we ask that those who must leave the home do so one at a time as needed to gather supplies or perform other essential tasks. Essential services will remain available even in the event of county-wide or state-wide stay-at-home orders.

## SOCIAL DISTANCING

We have all heard about “social distancing” on numerous occasions, but some do not understand the full context of this guidance. This is for those times when you are unable to stay at home, and involves keeping a minimum of 6 feet of physical distance between you and others who are out in public. This physical distance limits exposure to viruses that would be transmitted by physical contact, and also droplets from coughing, sneezing, and breathing. Some transmission is still possible, but is diminished. While physical distancing is needed, we do encourage people to interact with one another by phone, video calls, or other means of communication at a distance. This can be helpful for maintaining mental health and offsetting some of the feelings of isolation.



## LIMIT GROUP SIZE

Along with distancing, limiting locations to groups of 10 or less further diminishes the chance for direct contact transmission. Please understand that this is not an either/or situation, and that social distancing is still required even when group size is limited. Family reunions, parties, and other gatherings with people from multiple households should not be held until this event has passed and health orders rescinded.

## TRAVEL

While it may be tempting to travel and visit family, **we ask that you refrain from unnecessary travel, especially to areas that have active community spread.** If you travel to an active area, or have a family member coming from an active area, you should self-quarantine as a precaution, even if you don't have any symptoms.

If you have questions, we encourage you to refer back to the CDC's guidelines, as outlined on their website ([www.cdc.gov](http://www.cdc.gov)).

## Additional Resources

Centers for Disease Control (CDC) - <https://www.cdc.gov>

Wyoming State COVID19 Information - <https://covid19.wyo.gov>

Wyoming Department of Health - <https://health.wyo.gov/>

Lincoln County Public Health - [https://www.lcwy.org/departments/public\\_health/](https://www.lcwy.org/departments/public_health/)

For additional information, contact:

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