



COVID-19 FREQUENTLY ASKED QUESTIONS

This is a Living Document that will Continue to be Update

Q: What is novel coronavirus?

The novel coronavirus is a new coronavirus that has not previously been identified. The virus causing coronavirus disease IN 2019 (COVID-19), is not the same as the coronaviruses that commonly circulates among humans and causes mild illness, like the common cold.

Q: How does the virus spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

[Learn more about how the virus spreads.](#)

Q: What is community spread?

Community spread means people have been infected with the virus in the area, including some who are not sure how or where they became infected.

Q: What should I do if I had close contact with someone who is confirmed to have COVID-19?

Anyone who had close contact with a person with symptomatic, laboratory-confirmed COVID-19 or a person who is under investigation should monitor their health; they should call their healthcare provider or the COVID-19 hotline (307-739-4898) right away if they develop symptoms suggestive of COVID-19 (fever, cough, flu-like symptoms). [Learn more about recommended precautions for people who have been in close contact with someone confirmed to have COVID-19 or under investigation for having it.](#)

Q: What are symptoms of COVID-19?

Current symptoms reported for patients with COVID-19 include mild to severe respiratory illness with fever, cough, difficulty breathing, body aches, and headache. Symptoms usually start between 2 and 14 days after being exposed to the virus. [Learn more about COVID-19 symptoms.](#)

Q. I think I have symptoms of COVID-19. What should I do?

If you think you have symptoms of COVID-19, please call your primary care provider or St. John's Health at [307-739-4898](tel:307-739-4898), option 3, for a phone evaluation and tell them you believe you have symptoms. If you believe you are having an emergency, call 911 and tell the dispatcher you believe you have symptoms.

If you have mild symptoms, it is important that you stay home unless symptoms become severe and you need medical attention. Don't go to work, school, church, the store, use public transportation, or visit other public areas!



At home:

- Stay away from others in the home as much as possible
- Wash your hands frequently, and ensure others in the home do the same
- Cover coughs and sneezes with your elbow or a tissue that is immediately put in the trash
- Disinfect surfaces frequently (doorknobs, shared bathrooms, tables, chairs, countertops)
- Do not share household items
- Drink lots of fluids and get lots of rest
- Follow your primary care provider's guidance for care

Q: Someone in my house has symptoms of COVID-19. What should I do?

Follow the above advice; if you need to care for someone with symptoms, ensure you:

- Wash hands frequently, especially before and after providing care
- Clean your home frequently
- Avoid touching your face with your hands at all times
- Stay home for 14 days following your last exposure to the ill person

Q: I feel terrible. Is there anything I can do to feel better?

- If your symptoms worsen significantly and you feel you are having an emergency, call 911.
- If you haven't already talked to your primary care provider, call them.
- If you feel achy, warm baths, showers or a heating pad can help relieve some of the aches.
- Cool compresses can lessen headaches.
- For the cough, lozenges may help temporarily.
- Keeping a humidifier nearby may help to soothe a scratchy throat.
- If you are having coughing fits, turn the shower on as hot as it will go and sit in the bathroom and breathe the steam for 5-10 minutes, or fill a basin with hot water, put your face above the water, and drape a towel over your head and the basin to breathe the steam.
- If possible, try to eat a healthy diet.
- Drink lots fluids, especially with a fever, to avoid dehydration.

Q: I've heard that ibuprofen makes COVID worse. Is it true?

The World Health Organization issued a statement that they are not recommending against using ibuprofen (<https://www.cbc.ca/news/health/ibuprofen-covid-19-novel-coronavirus-1.5501496>, 3/18/2020). If you are concerned, we recommend that you talk to your health care provider about the right pain reliever or fever reducer for you or stick to taking acetaminophen (Tylenol).

Q: Is there a vaccine for COVID-19 yet?

There is not a vaccine for COVID-19 yet. Vaccine development can take a long time, so until and if there is one available, it is very important that people follow the recommendations to wash hands frequently, keep distance from others, stay home if sick, cover coughs and sneezes with an elbow or tissue, and disinfect high-touch surfaces at least daily.



Q: Should I be concerned about pets or other animals?

There is no reason to think that any animals including pets in the United States might be a source of infection with this new coronavirus. However, since animals can spread other diseases to people it's always a good idea to wash your hands after being around animals. [Learn more about the benefits of pet ownership, as well as staying safe and healthy around animals including pets, livestock, and wildlife.](#)

Q: Can the virus that causes COVID-19 be spread through food or mail?

Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food it is important to always wash your hands with soap and water for at least 20 seconds. Clean fruit or vegetables as directed by their labels. In general, since the coronavirus does not survive well on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks. [Learn what is known about the spread of COVID-19.](#)

Q: Is it safe for my kids to have a playdate?

Q: Is it safe for me to go skiing or on a walk with a friend?

Q: Can I take my kids on a quick errand?

Teton County Health Department encourages community members to practice physical distancing. Physical distancing is the practice of keeping distance between you and others. During an outbreak of illness like COVID-19, keeping at least 6 feet between you and others, especially if you or they are sick, is extremely important. Staying home when recommended is important. As our community closes schools and other organizations, it's important to remember that this is not the time to plan outings, play dates, or other social activities and instead to stay home as much as possible.

The reason physical distancing is important is because a virus can live for only a limited time outside of a host like a human body and viruses generally can't travel on their own (they don't have wings or legs). If people keep distance between them and limit contact, the virus has nowhere to go and will eventually die out. Good cleaning of surfaces ensures that when a virus does stay alive on a surface, it is removed and killed before another person comes in contact with it and becomes infected. [Learn more about COVID-19 in Teton County.](#)

Q: I am a business owner and need financial assistance because of the loss of business related to the COVID-19 pandemic. What is available for me?

The Small Business Association's Economic Injury Disaster Loans are open for Teton County businesses to apply. The loans offer up to \$2 million in assistance per small business and can be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the impact of COVID-19. [Learn more about the SBA's Disaster Loan Assistance.](#)

Q: I lost my job. How do I file for unemployment?

To file for unemployment, visit www.wyomingworkforce.org or call (307) 473-3789. In exchange for unemployment insurance benefits, your responsibility is to look for work and document your search.



Q: Is the government going to send me a check? When will I receive it?

Right now, Congress is considering legislation that would provide many American households with financial support. However, the bill is still being debated and has not been finalized.

Q: Why did the Governor declare a State of Emergency?

A state of emergency declaration is needed to release additional resources that may be needed to address an event. It doesn't mean that there is currently widespread identified illness, but it helps the government and other responders prepare for potential scenarios.

Q: Will there be checkpoints at the state borders to limit travel?

Wyoming Department of Transportation has **no** plans to implement border checkpoints to limit travel in or out of the state at this time.

Q: I've traveled recently. Do I need to self-isolate?

You should self-isolate for 14 days after returning from a country that has a level 3 travel health notice:

- China
- Iran
- South Korea
- Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City

While you are quarantined, the CDC recommends that you do the following:

- Take your temperature with a thermometer two times a day and monitor for fever (over 100.4 degrees F). Also watch for cough or trouble breathing.
- Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or rideshares during this time.
- Avoid crowded places and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters).

Q: I've traveled to an area within the United States that has cases of COVID-19.

Do I need to be tested or self-isolate?

If you have travelled in the United States but you haven't been exposed to COVID-19 that you know of, you don't need to self-quarantine. If you develop symptoms in the 14 days after your return, please call your provider and self-isolate at home.

Q: I'm planning a trip. Should I cancel it?

The CDC and WDH are not currently restricting travel within the U.S. However, you should think about where you are going, how you will travel there, and your current health status. If you are travelling to an



area with community spread, your risk of being exposed and becoming ill will probably be higher. If you are travelling by airplane, train, or bus, your risk will probably be higher. And if you are older, or have health problems, your risk may be higher. You also might want to think about the people you are usually around--if they are older, have health problems or trouble with their immune system, you could possibly bring the virus home to them. Once you've thought about these factors, you might decide your risk is relatively low and decide to go on your trip. Or you might feel the risk is too high and decide to cancel. Ultimately, the decision is yours. If you do decide to go, just remember to follow the recommendations to wash your hands frequently, and distance yourself from others. Disinfect surfaces as much as you are able. Keep your hands away from your face, and make sure your immunizations are up to date.

Keep in mind that the CDC also recommends the cancellation of any group events over 10 people for at least 8 weeks from 3/15, and high-risk people should avoid crowds of any size. The CDC recommends not going on cruises right now. Also keep in mind that if you are exposed to someone with COVID-19 or become ill, you will need to self-isolate at home for at least 14 days.

Q: I need to take a flight. Should I wear a mask?

You should only wear a mask if you are sick. Otherwise, remember to follow the recommendations to wash your hands frequently, and distance yourself from others. Disinfect surfaces as much as you are able. Keep your hands away from your face, and make sure your immunizations are up to date.