2019 Novel Coronavirus (COVID-19)
Frequently Asked Questions
Current as of March 22, 2020

Wyoming 2-1-1, in partnership with Wyoming Department of Health, is actively responding to the Coronavirus (COVID-19). Live assistance regarding COVID-19 information is available through Wyoming 2-1-1 Monday through Friday, 8 a.m. to 6 p.m.

The following document is a guide to answer common questions surrounding the Coronavirus (COVID-19). If you have more questions, please call Wyoming 2-1-1 by *dialing 2-1-1 or 888-425-7138.* You may also refer to the Wyoming 211 website at www.wyoming211.org or email us by selecting the Contact Us page on our website and submitting your question.

Contents

CURRENT SITUATION

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 help prepare for if this happens.

Why are some officials not following CDC or WDH guidance?

While WDH and CDC are often putting out guidance about how to handle the outbreak, officials may use this information, along with a number of other factors going on in their communities, to make decisions. This is guidance, not law, so some officials may choose a plan of action that they feel best fits with their community's needs.

What is the state health department doing to respond?

Wyoming Department of Health (WDH) and Office of Wyoming Homeland Security (WOHS) have partnered to manage the state's COVID-19 response together and are meeting daily to assess the needs of all Wyoming communities.

Our response efforts focus on preventing community spread and lessening how the virus impacts people:

- tracking the pandemic's changing magnitude and scope nationally and internationally
- tracking WY cases and contacts
- monitoring quarantined individuals
- assessment and testing of patients
- timely dissemination of new guidance
- addressing public and healthcare information requests
- anticipating and meeting PPE supply
- anticipating and lessening healthcare impact
- coordinating the logistics of travellers returning from countries impacted by COVID19

WDH staff has increased telephone call capacity and has been receiving upwards of 100 calls per day from the public and health partners

March 18, WDH COVID-19 testing procedures were simplified, see Health Alert Network message 18 March 2020 and visit WDH website.

ABOUT THE CORONAVIRUS (COVID-19)

What is coronavirus disease 2019 (COVID-19)?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China

Origin
Early on, many of the patients at the epicenter of the outbreak in Wuhan, Hubei Province, China had some link to a large seafood and live animal market, suggesting animal-to-person spread. Later, a growing number of patients reportedly did not have exposure to animal markets, indicating person-to-person spread. Person-to-person spread was subsequently reported outside Hubei and in countries outside China, including in the United States.

Some international destinations now have apparent community spread with the virus that causes COVID-19, as do nearly all states in the United States. Community spread means some people have been infected and it is not known how or where they became exposed.

How does COVID-19 spread?
The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly 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. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

Can the virus that causes COVID-19 be spread through food or mail?
Food (Including refrigerated and frozen food)
According to the Centers for Disease Control (CDC), 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 20 seconds for general food safety. Throughout the day wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. The COVID-19 virus may persist on surfaces for a few hours or up to several days. According to the CDC, there is likely very low risk of spread of the COVID-19 virus from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean fruit or vegetables as directed by their labels. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

How long does the virus live on a surface?
Sources have reported anywhere from several hours to several days. This is why at least daily disinfecting of high-touch surfaces is important.

I heard a report that the virus can live a long time in the air. So I should wear a mask, right?
Wearing a mask is still not recommended for the general public. Health care providers who are doing procedures that might create tiny droplets in the air, like intubating or collecting samples that result in coughing/sneezing, will want to take Airborne Precautions. (WHO, 3/18/2020).

PREVENTION AND COPING

How can I help protect myself?
People can help protect themselves from respiratory illness with everyday preventive actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

What is the best way to clean hands?
Using soap and water to clean hands for at least 20 seconds, or using hand sanitizer, are effective. Hand cleaning should happen frequently, but especially:

- after being in contact with others or high-touch surfaces
- after using the bathroom
- before cooking and eating
- before touching your face
- before and after caring for a sick person
- after coughing/sneezing if you yourself are sick

At-Risk Populations
Older adults and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness.

There is not currently information from published scientific reports about susceptibility of pregnant women to COVID-19. Pregnant women experience immunologic and physiologic changes which might make them more susceptible to viral respiratory infections, including COVID-19.

There is no evidence that children are more susceptible to COVID-19. In fact, most confirmed cases of COVID-19 reported from China have occurred in adults. Infections in children have been reported, including in very young children. There is an ongoing investigation to determine more about this outbreak.

If you are at higher risk of getting very sick of COVID-19, you should:
- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

What is social distancing and why is it important?
Social 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 important. Staying home when recommended is important. As your 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 social 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 for a while, it is removed and killed before another person can come in contact with it and become infected.

Stress and Coping
The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

ILLNESS

What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:
- Fever
- Dry, harsh cough
- Shortness of breath
- Body Aches
- Headache

Symptoms usually start between 2 and 14 days after being exposed to the virus.

I think I have symptoms of COVID-19.
If you think you have symptoms of COVID-19, please **call** your primary care provider 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 your 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
- Wear a mask when you need to be around others in the home (surgical mask is fine)
- 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 (door knobs, 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

Someone in my house has symptoms of COVID-19.
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 the home frequently
- Wear a mask when you provide care
- Avoid touching your face with your hands at all times
- Stay home for 14 days following your last exposure to the ill person

I feel terrible. Is there anything I can do to feel better?
- If your symptoms are significantly worsening and you feel you are having an emergency, call 911.
- If you haven't already talked to your primary care provider, please call them.
- If you feel achy, warm baths or 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, especially with frequent coughing.
- If you are having coughing fits, you can turn the shower on as hot as it will go, and sit in the bathroom and breathe the steam for 5-10 minutes. Be careful NOT to touch the hot water so you don't burn yourself. You can also fill a basin with hot water, put your face above the water, and drape a towel over your head and the basin. This will allow you to breathe the steam.
- If possible, try to eat a healthy diet.
- Drink lots fluids, especially with a fever, to avoid dehydration.

Is there a vaccine yet?

There is not a vaccine against COVID-19. 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.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

I've heard that Ibuprofen makes COVID worse. Is it true?

Right now there is no compelling evidence that ibuprofen makes the illness worse, according to the World Health Organization, and they have issued a statement that they do not recommend against using it (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).

TESTING FOR COVID-19

What is the process to be tested?

If a health care provider decides to test you, you will have a swab taken from inside your nose. This swab is then sent to a lab for testing. Your test will then be sent to either the Wyoming Public Health Lab or a private lab that is capable of processing the test. You will need to self-quarantine until your results have come back to your provider and you will be given more guidance based on your results. Please note that **there are no rapid tests** for COVID-19, and because labs have so many tests to process right now, it may be a number of days until your results are ready.

Where can I get tested?

If you feel you need to get tested, **call** your primary care provider. It is best to call first, because not all primary care providers are equipped with testing supplies right now and they might have special procedures in place for seeing patients seeking care for COVID19. Also keep in mind that certain groups

of people have testing priority: Those who have symptoms, are hospitalized with severe respiratory illnesses, those with a travel or exposure history, those who are high risk because of their age or health status, and those who live in long term care settings.

Why isn't everyone being tested?

COVID-19 is a new virus, which means new tests had to be developed and approved for use. The supply of tests right now is not enough to keep up with demand. Keep in mind, health care providers around the world are needing these testing supplies. Laboratories also need time, staff, and equipment to run the tests appropriately. This means we have to prioritize who gets tested right now. As the FDA approves more companies' tests, more will become available. But we don't know how fast that will happen. Several companies have developed tests and the FDA is working to make sure they work well before giving them emergency approval.

Is the test free?

If you are symptomatic and meet the criteria for your test to be sent to the Wyoming Public Health Lab, there is no cost for the test. If you are asymptomatic and have no known exposure to someone with a confirmed case of COVID-19, your test may be sent to a private lab. In this case there may be a cost associated with the test, based on your insurance type.

Why aren't Public Health offices doing testing?

If you are symptomatic, it's very important for you to be evaluated by a healthcare provider. Our public health offices generally do not employ credentialed providers such as Physicians, PAs, or Nurse Practitioners. Our public health nurses are working hard to collaborate with your communities to protect you in a number or ways, but testing needs to be done through credentialed providers at this time.

My health care provider turned me away for testing. What should I do?

First, if you feel you are having an emergency, please call 911. If you are feeling ill but it isn't an emergency, please stay home and rest. The situation is changing daily, so wait a day or two and **call** your provider again to see if testing has become available or if new resources have become available in your area. If you are currently well but think you have been exposed, please stay home as much as you can. Keep in mind that the supplies to conduct testing and the capacity of the labs to run the tests is limited, so providers have to prioritize who gets the test. That means that even if you are sick, you might not get the test, especially if you have no exposure history or travel history.

I was tested, but I don't know what to do now.

If you have been tested, please self-quarantine until your results come back. Because of the volume of testing that is occurring, it may take some time for your results to be ready. Unfortunately there are **no** rapid tests for COVID-19.

I tested negative, but I've heard that some people test negative at first and then test positive later.

This can happen if a test is done very soon after you have been exposed to the virus and it isn't spreading much in your body yet. If your test was negative, but you start to have symptoms that look

like COVID19 (fever, cough, shortness of breath), please self-isolate and **call** your healthcare provider right away.

I am a provider and I need to know where I can get more testing supplies.

Please contact your local emergency manager and ask them to fill out a 213RR for the supplies. Vendors are currently backordered, though. We don't know a timeframe for when they will become available.

TRAVEL

I've traveled recently. Do I need to be quarantined?

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

- Australia
- Brazil
- Canada
- Chile
- Japan
- Israel
- Malaysia
- Pakistan
- South Korea
- Thailand
- Turkey

Foreign Nationals who have visited the following countries in the past 14 days will not be allowed entry to the U.S.:

- China
- Iran
- Most European Countries
- UK and Ireland

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 ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters).

I've traveled to an area within the United States that has cases of COVID-19. Do I need to be tested or self-quarantine?

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.

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

The CDC and WDH do not currently restrict 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.

The CDC, and many states, have recommended against any gatherings over 10 people in an area. Some states have also chosen to issue shelter-at-home orders, so this is something to consider before travelling to an area.

The CDC recommends not going on cruises right now.

Also keep in mind that if you are exposed to someone with COVID19 or become ill, you will need to self-quarantine/isolate at home for at least 14 days.

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

You should only wear a mask if you are sick. Otherwise, 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.

How soon after I return from an international trip can I return to school/work?

Currently, a 14-day quarantine is only required if you are returning from a country with level 3 travel health notices. As long as you don't get sick, you should be able to return to work on day the 15th day after your return from the outbreak area.

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.

CLOSURES

Will schools be closed?

 On 3/15, Governor Gordon and State Superintendent Jillian Balow issued a recommendation that school districts across Wyoming close through at least April 3rd. However, the decision to close schools

is a local decision. Please check your school district website or call to find out if they have closed. Please remember, if your school has

Why are schools closing if we don't have any cases in my community?
The decision to close schools before cases appear is a way to try and stop any spread before it starts. While children typically have not shown severe illness with COVID19, they are able to carry the virus to others who may become

Are daycares closing?
The State Health Officer issued an order on 3/19/2020 stating that daycares may only remain open to provide care to families who work in an essential service role. This includes:
- Staff and providers of childcare and education services, including custodial and kitchen staff and other support staff, who do not do their work remotely;
- Providers of healthcare including, but not limited to, employees of clinics, hospitals, nursing homes, long-term care and post-acute care facilities, respite houses, designated agencies, emergency medical services, as well as necessary custodial, kitchen, administrative, and other support staff;
- Criminal justice personnel including those in law enforcement, courts, and correctional services;
- Public health employees;
- Firefighters, Wyoming National Guard personnel called to duty for responding to COVID-19, and other first responders;
- State employees determined to be essential for response to the COVID-19 crisis;
- Active duty military staff;
- Pharmacy staff;
- Foster families with children through grade 8;
- 2-1-1 and 9-1-1 call center staff;
- critical infrastructure and utility workers, including electrical, plumbing, telecommunications, water, and wastewater operators, workers, and staff;
- State, municipal, and commercial public works and sanitation crews;
- Grocery and food supply workers;
- Supply chain, postal, and delivery drivers and warehouse workers;
- Manufacturers of medical devices, equipment, testing equipment, and supplies;
- and fuel distribution workers.

Keep in mind that any daycare that stays open may only have 10 people in an area at one time and still needs to follow all CDC guidance on cleaning and social distancing as much as possible.

Should churches and other organizations be closing?
As of 3/19/2020, the State Health Officer has ordered that the following places be closed:
- Restaurants, food courts, cafes, coffeehouses, and other similar places of public
- accommodation offering food or beverage for on-premises consumption;
- Bars, taverns, brew pubs, breweries, microbreweries, distillery pubs, wineries,
- tasting rooms, special licensees, clubs, and other places of public

- accommodation offering alcoholic beverages for on-premises consumption;
- Cigar bars;
- Gymnasiums; and
- Movie and performance theaters, opera houses, concert halls, and music halls
- Schools
- Daycare centers
- In-home daycare

There are a few exceptions: restaurants can still offer curbside service, pick-up, drive-thru, and delivery. Hotels may only offer room service.

For organizations and businesses that aren't listed in the order, social distancing, disinfecting of all surfaces, and good handwashing are extremely important if you choose to stay open to the public. Also, you should limit the number of people in your place of business at one time, including employees, to less than 10.

What else is being cancelled?

On 3/20/2020, The State Health Officer issued a public health order prohibiting any gatherings over 10 people. This means that any gathering that would cause 10 people to be together in the same room, or in close contact, need to be cancelled or postponed. There are some exceptions:
- Hotels and motels for lodging purposes;
- Livestock auctions;
- Groups of workers being transported to a location for their jobs;
- Government business, military and National Guard facilities, law enforcement, jails, secure treatment centers, and correctional facilities, including any facility operated by the Wyoming Department of Corrections, and any facility used to respond to natural disasters or public health emergencies;
- State and local government facilities, including government service centers;
- Relief facilities, including food pantries and shelter facilities;
- Residential buildings;
- Grocery stores, markets, convenience stores, pharmacies, dug stores;
- Truck stops, gas stations, and auto-repair facilities;
- Retail or business establishments, where more than 10 people may be present but are generally not within 6 feet of one another;
- Health care facilities, including hospitals, medical facilities, home health agencies, personal care agencies, hospices, adult family homes, mental health centers, and pharmacies;
- Alcohol and drug treatment centers; and
- Long-term care and assisted living facilities, including nursing homes and assisted living facilities, as long as the facility complies with guidance and directives from the CDC, the Wyoming Department of Health, and appropriate licensing and regulatory agencies.

Any of these exceptions should be careful to follow the public health recommendations of the CDC and Wyoming Department of Health, such as frequent handwashing, social distancing of at least 6 feet, avoid touching face, eyes, nose, and mouth, and covering coughs and sneezes with elbow or by using a tissue.

ISOLATION AND QUARANTINE

What's the difference between Isolation and Quarantine?

Isolation is staying home and separated from others when you are sick to prevent transmission to others.

Quarantine is staying home and separated from others when you are well, to avoid transmission from others.

I was asked to isolate after a potential exposure. When can I leave quarantine?

If you have NOT developed symptoms including fever, cough, or difficulty breathing in the 14 days after your **LAST** exposure, you can leave quarantine.

I became sick with symptoms and had to self-isolate. When is it safe for me to leave isolation?

The decision to leave isolation should ONLY be made with your health care provider and the health department. They will follow the following criteria, along with others:

> If you were not tested, you are safe to leave isolation once ALL of these have happened:
> 1. You haven't had a fever for at least 72 hours without medication;
> 2. Your symptoms are getting better; AND
> 3. At least 7 days have passed since your first symptoms started.

> If you were tested, you can leave isolation once ALL of these have happened:
> 1. You don't have a fever without use of medication;
> 2. Your symptoms are getting better; AND
> 3. You have 2 negative tests, at least 24 hours apart (your primary care provider will need to arrange this).

Is there a national quarantine?

No, there is NO national lockdown. Quarantine and isolation is handled at the state and local levels currently.

OTHER CONCERNS

Masks

The Centers for Disease Control (CDC) does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. Individuals should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected. The use of facemasks also is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).

For more information on wearing a facemask, visit https://www.cdc.gov/coronavirus/2019-ncov/faq.html

Where can I get N95 masks?

There is currently no recommendation that the general public use N95 masks. The supply of these masks is limited, and health care providers and first responders need them so they can be protected as they care for the sick. Please do not stockpile them. If you or a family member are sick and need to wear a mask to seek medical care or protect people in your home, a surgical mask works fine.

If you are a provider or first responder and are looking for N95 masks, please speak with your employer. Employers should reach out to County Emergency Managers.

Can I make and donate cloth masks?

This is up to individual hospitals to decide. Please call your local facility to see what their policy is.

Cleaning Products

According to the Centers for Disease Control (CDC), for general cleaning purposes: Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

For a list of products that are expected to be effective against COVID-19, refer to this list of EPA registered products:

- CDC recommends for disinfection that diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf

Visit the CDC website for additional guidance regarding cleaning and cleaning products at https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html

According to the CDC, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. This virus is primarily transmitted through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs, infecting those individuals.

According to the World Health Organization (WHO), coronaviruses may survive on surfaces for just a few hours or several days, although many factors will influence this, including surface material and weather. See https://www.who.int/news-room/q-a-detail/q-a-coronaviruses for more information.

Pets or other animals and COVID-19
According to the Centers for Disease Control (CDC), while the coronavirus seems to have emerged from an animal source, it is now spreading from person-to-person. 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. To date, CDC has not received any reports of pets or other animals becoming sick with COVID-19. At this time, there is no evidence that companion animals including pets can spread COVID-19. However, since animals can spread other diseases to people, it's always a good idea to wash your hands after being around animals.

For more information on COVID-19 related to pets and other animals, visit
https://www.cdc.gov/coronavirus/2019-ncov/faq.html#animals

I can't find formula. Where can I get some?
We have heard about shortages of formula and/or delays in shipments of formula. Our WIC and Maternal Child Health Unit are researching ways to help solve this. Please don't use homemade recipes to make your own formula, as this could harm your infant. Instead, call your primary care provider or pediatrician for advice. If you qualify for WIC, you can contact your local office for help.

I can't work because of quarantine/social distancing. How can I get unemployment?
Please visit www.wyui.wyo.gov. This is faster than calling right now.