

# Our Community – COVID-19 – Essential Update

By: Mayor Marc Beitia

## How you can help us help you:

- **Please practice Social Distancing** – 6 to 10 feet of separation between each other
- **Please practice Respiratory Hygiene** - sneeze or cough into your bent elbow
- **Please wash your hands frequently** - especially after touching hard surfaces and door knobs
- **Please disinfect hard surfaces regularly** – counter tops and door knobs
- **Please try not to touch your face** – eyes, nose or mouth
- **Please stay home if you are sick** – contact your healthcare provider

**8:00 AM, March 25, 2020 – 79 confirmed cases of COVID-19 in Idaho.**

## **PLEASE COMPLY – IF IT IS NOT TOILET PAPER DO NOT FLUSH IT!**

- Sewer backups are becoming much more frequent all over the country because everyone is spending more time at home and trying to get rid of all the sanitizer wipes and flushable wipes by flushing them down the toilet. **PLEASE STOP!**
- Most wipes are not biodegradable in a sewage processing plant **AND CLOG HOME DRAINS**. Even if labeled as **FLUSHABLE** regardless of how they are advertised they **CLOG** and **COMPROMISE** this essential service and City system. Dispose of all wipes and other products that are not toilet paper in the regular garbage please.
- **PLEASE** help us prevent another serious problem where one need not exist.

## **AN URGENT REQUEST from the Southeastern Idaho Public Health**

### **Social Distancing is a Must**

Social distancing remains one of the best weapons we have to slow the silent spread of COVID-19 giving everyone more time to prepare and protect themselves. Many assume we can protect ourselves against COVID-19 just by avoiding those with symptoms such as sneezing, coughing and running a high fever.

Current research indicates that only avoiding people who have COVID-19 symptoms, will **not** curb the COVID-19 Pandemic, because people not showing typical symptoms can still shed the virus and infect others. What we need most right now to slow the spread of the virus is social distancing. Social distancing includes:

- Keeping 6 feet of distance between you and others.
- Stay at home as much as possible. Only go out for critical needs like groceries and medicines.
- Avoid gatherings of 10 or more people.
- Avoid shaking hands or giving hugs.

These measures may be our best hope to slow the spread of COVID19. National Institute of Health funded research published in the journal Science indicated that for every confirmed case of COVID-19 there are likely 5 to 10 people with undetected infections. It also found that after China established travel restrictions and social distancing, the spread of COVID-19 slowed considerably.

Healthy people might argue they shouldn't be constrained by social distancing. However, research demonstrates that we can unknowingly infect others who are at higher risk for severe complications. Social distancing remains one of the best weapons we have to slow the silent spread of the virus, giving everyone more time to prepare and protect themselves.

“Saving lives from COVID-19 requires all of us to take part,” said Maggie Mann, Southeastern Idaho Public Health District Director. “Think about your loved ones, parents, grandparents or close friends who are older or who may have chronic conditions. Follow the social distancing recommendations, skip the big gatherings, and remember we are all in this together.”

## Incident Overview

**Incident Description:** COVID-19 has been declared a global pandemic, and the State of Idaho has declared a state of emergency effective March 13, 2020.

**Declarations:** Power County Declared (3/17/20); AF City (3/19/20)

**Last 24 hours:** Two new cases in Jefferson County.

• Ada	20
• Bannock	2
• Bingham	1
• Blaine	36
• Canyon	5
• Cassia	1
• <b>Jefferson</b>	<b>2</b>
• Kootenai	6
• Madison	2
• Teton	2
• Twin Falls	1
• Valley	1
• <b>Total of</b>	<b>79</b>