

PRESS RELEASE

CORONAVIRUS DISEASE 2019 (COVID-19) UPDATE

March 10, 2020: We are responding to an outbreak of respiratory disease caused by a new coronavirus that was first detected in China, which has now been detected in more than 100 locations internationally, including the United States.

The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19").

There is not widespread circulation in most communities in the United States. While currently, risk in our area is extremely low, outbreaks of new virus infections among people are always of public health concern. Furthermore, we realize that healthcare workers caring for potential COVID-19 patients are at elevated risk of exposure. It is our responsibility to both educate and protect the community and proactively protect our patients and staff.

At this time, there is no vaccine to protect against COVID-19. The most important thing you can do is the following:

- Cover your coughs and sneezes by using a tissue or sleeve (not your hands).
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your face, especially around your eyes, nose and mouth.
- Clean and disinfect your home to remove germs.
- Avoid crowds in poorly ventilated spaces and avoid contact with sick people.
- Avoid non-essential travel including plane trips and cruise ships.

There are no specific treatments for illnesses caused by human coronaviruses. Most people with human coronavirus illness will recover without treatment. However, you can relieve symptoms by doing the following:

- Take pain and fever medications.
- Use a room humidifier or take a hot shower to help ease a sore throat and cough.
- If you are mildly sick, drink plenty of liquids, stay home, and rest.

Risk Factors & Policy

If you have traveled to China, Iran, Japan, South Korea, Italy or Hong Kong (or other areas currently indicated by the CDC) in the past 14 days, or had close contact with someone who was recently ill with novel coronavirus (COVID-19), AND you have fever, cough or trouble breathing, call 1-800-456-7707 or 1-888-EPI-UTAH to receive further instruction.

If you need emergent care, we ask that you put on a mask, sanitize your hands, and present to the emergency room. Emergency warning signs for COVID-19 may include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face. This list is not all inclusive; please call the above numbers or your medical provider if you have concerns.

While information so far suggests that most COVID-19 illness is mild, the elderly as well as people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness. There is not currently information from published scientific reports about susceptibility of pregnant women or children to COVID-19.

For the safety of our patients and staff, Uintah Basin Healthcare is requesting that the elderly, those with underlying health conditions, and children under 18 do not visit our facilities unless seeking medical care.

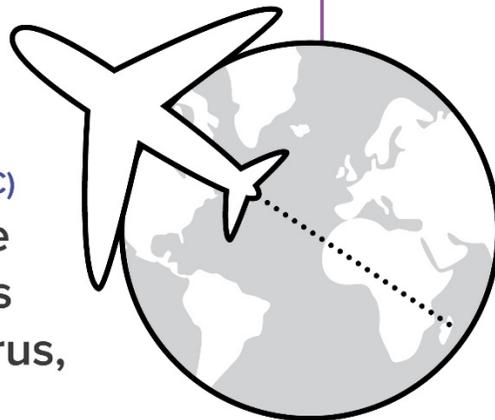
Keep informed regarding the latest announcements on COVID-19, as the situation is changing frequently. Visit coronavirus.utah.gov/ or www.cdc.gov/coronavirus/2019-ncov/index.html for the latest information.

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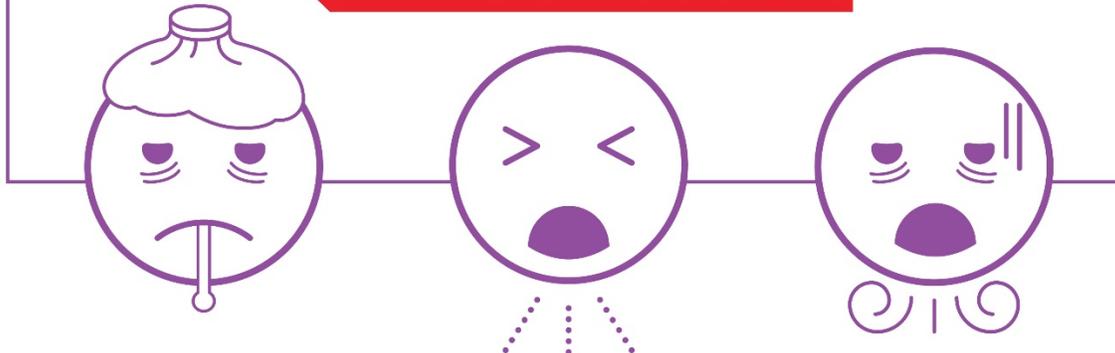
Uintah Basin Healthcare is a community not-for-profit healthcare system, serving the Uintah Basin since 1944. Today, Uintah Basin Healthcare is the largest and most comprehensive independent rural-based healthcare system in the state of Utah.

ATTENTION IF YOU

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AND YOU HAVE



fever, cough or trouble breathing,



CALL 1-800-456-7707 or 1-888-EPI-UTAH.



Cover your coughs and sneezes

Use a tissue or your sleeve, not your hands.



Wash your hands

Wash hands often with soap and water.



Avoid touching your face

Do not touch your eyes, nose or mouth with unwashed hands.

Visit health.utah.gov/coronavirus or cdc.gov/coronavirus/2019-ncov/index.html for the latest information.

Location information updated on 3/10/2020 from <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

If you need emergent care, present to the emergency room or call 911.