

## PRESS RELEASE

### CORONAVIRUS DISEASE 2019 (COVID-19) UPDATE

**March 16, 2020:** We continue to actively respond to an outbreak of respiratory disease caused by a new coronavirus that was first detected in China, which has now been classified as a pandemic, 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").

While currently, there are no confirmed cases of COVID-19 in the Uintah Basin, outbreaks of new virus infections among people are always of public health concern. It is important for those who need medical care for any reason to know that we are taking precautionary measures to ensure that our facility is a safe environment in order to continue to provide quality care to our patients.

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.

Uintah Basin Healthcare has implemented new screening and visitation policies as of 3/16/20. All patients/visitors will be screened for possible illness/exposure before being allowed to enter. Current restricted visitation policies are in effect and must be met.

#### UBH SCREENING MEASURES:

- Entrance will be limited to open screening points.
  - Roosevelt campus will include ER, Clinic 1 and Clinic 2 entrances.
  - Vernal campus will include the Basin Clinic entrance and the Urgent Care entrance.
  - The Manila Clinic will be open on Tuesdays.
  - Other outreach clinics (Duchesne, Altamont, Tabiona) will be open as usual with screening in place, requiring potential testing to be referred to the Roosevelt campus.

#### UBH RESTRICTED VISITATION POLICY:

- For the safety of our staff, patients and visitors:
  - We do not allow anyone who is sick or ill to enter the facility except to seek care for their illness (screening required).
  - Only those seeking medical care may enter the facility (exception: maximum of 2 people can enter the facility at a time to visit or accompany a patient if necessary.)
  - Maximum of 2 visitors are allowed in patient rooms adhering to all restricted visitation policies (no children under the age of 18, no ill, etc).
  - We do not allow anyone under age 18 to enter the facility except to seek care for themselves.
  - We do not allow anyone to visit patients who have confirmed or possible coronavirus.
  - It is advised that the elderly or those with underlying chronic health conditions such as heart disease, lung disease or diabetes, for example, do not enter our facility unless necessary to maintain health.
  - The Physical & Occupational Therapy Clinic is open for PT/OT patients, but closed to gym members.
  - UBH has also put all interns and volunteers on temporary leave status until it is safe for them to return.
  - *The Villa is in fully secured mode and is not accepting visitors or non-medically essential UBH staff.*

If you have traveled to China, Iran, Japan, South Korea, Hong Kong, Europe, Ireland or the UK ([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 prior to coming to our facility.

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. Call ahead if possible to warn providers of your arrival.

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.

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, public areas, and public transportation if possible.
- All non-essential travel outside the Uintah Basin should be restricted.
- Stay home if you feel ill. Self-quarantine if possible.
- Adhere to suggested social distancing guidelines.
- Limit contact with pets and animals until more information is known about the virus.
- Wear a facemask if you are sick and around other people. You do not need a facemask if you are well. Facemasks are in short supply and should be left available for caregivers.

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.

Above all, stay calm and wash your hands often.

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

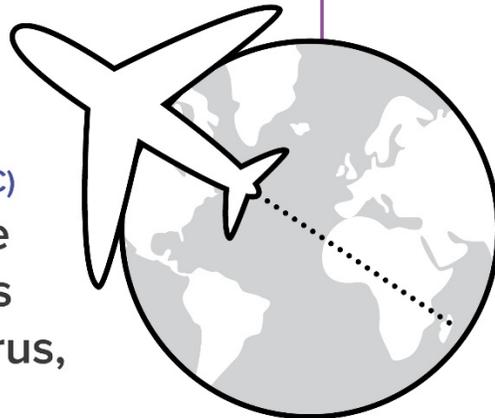
UBH will release updates on [ubh.org](https://ubh.org) and [facebook.com/UintahBasinHealthcare](https://facebook.com/UintahBasinHealthcare).

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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

traveled to **China, Iran, Japan, South Korea, Italy, 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,



## 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](https://health.utah.gov/coronavirus) or [cdc.gov/coronavirus/2019-ncov/index.html](https://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.**