



## Prevention Measures for COVID-19 March 13, 2020

The Unified Health Command (UHC), made up of Billings Clinic, St. Vincent Healthcare, RiverStone Health and Yellowstone County Disaster and Emergency Services, would like to provide the following guidance to help keep our community well as the COVID-19 situation continues to evolve.

The UHC recommends that organizers and sponsors of large gatherings, including events, fundraisers, concerts and the like, consider postponing those activities in an effort to reduce the public's risk of exposure to germs.

We have been getting many questions about COVID-19 testing. Because there are a limited number of tests available through the Montana Department of Public Health and Human Services (DPHHS), getting tested requires a physician's order. In anticipation of tests becoming more readily available, the UHC will be setting up a centralized community-testing site. Details as they become available.

In the meantime, please follow this interim advice for individuals with respiratory symptoms:

- If you are sick and have mild symptoms, stay home and self-isolate as much as possible.
- If you are sick enough that you would normally go to the doctor, call ahead to your care provider for instructions.

We all have a role to play in reducing risk of respiratory illness, including the new Coronavirus, known as COVID-19. We're still in cold and flu season, so it's important to take everyday precautions.

- Wash your hands thoroughly and often. Avoid touching your face.
- Avoid large crowds.
- Encourage all family members to cover their cough and sneezes with a tissue.
- Maintain social distance to avoid possible exposure to viruses. Avoid crowded enclosed spaces. Avoid handshakes and hugs.
- Frequently clean "high-touch" surfaces in your home or workplace. Disinfect doorknobs, handles, keyboards, railings, remote controls, table tops and counters.

