



Press Release 3/12/20

There are no known cases of Covid-19 in Park County or in Montana at this time.

One Montana resident currently in Maryland has tested positive for the virus. That resident has not been in Montana since November.

We continue to prepare for the eventual spread of the illness within Park County. Prevention remains our most important strategy for keeping our community healthy.

At this time, our primary focus is keeping high-risk individuals in our community safe. This includes people 60 and older, and those with heart disease, COPD and emphysema, diabetes, and those with immune compromise. We are asking that people with these underlying illnesses avoid large gatherings, including social events, church services, events at schools, and other public settings. Visits to the grocery store, pharmacy, small social gatherings and medical appointments can be decided on a case-by-case basis.

Livingston Health and Rehab, Frontier Assisted Living, Caslen and the Park County Senior Center have suspended non-essential visits and will be postponing all community gatherings. Meals on Wheels will continue delivery, as well as home meal delivery from the Livingston Food Resource Center. Please call them if you'd like to be added to their list.

There are currently no plans for school closure or cancelling of any other events in Park County. This is based on recommendations from CDC, the Montana Department of Health, and the fact that we have no cases of Covid-19 in Park County.

We are working with city and rural schools to have plans in place for study at home, ongoing preparation of school lunches, and social support should these closures become necessary.

If you are sick with a fever or cold-like symptoms, please call your clinic. They can give you direction on how to stay safe. Please always call ahead before coming to the clinic or emergency room.

The Park County Health Department will post weekly updates on its website as well as the Livingston Enterprise, and an extensive email list. If you'd like to be added to this email list, please contact our office at 406-222-4145.

If the situation changes, the Park County Health Department will post an update.

1. The following actions are the best way to prevent illness in your family and workplace.
2. Wash hands frequently with soap and water.
3. Avoid touching your mouth, eyes and nose to prevent infection from getting into your body.
4. Cover your cough to prevent spread of respiratory illness to others.
5. Be sure your influenza vaccine is up to date to help you stay healthy while COVID-19 is circulating.
6. Masks are only helpful if you are already ill and need to prevent spread to others or are a health care worker who may be caring for ill patients.
7. If you do become sick and feel you need to see a health care provider, please **call ahead** to Urgent Care, the clinic or the hospital and tell them your symptoms. They will give you directions to keep you and others safe. If it is an emergency, call 911.

Park County Health Department

[www.parkcounty.org](http://www.parkcounty.org)