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>> Time to get to the Carbon Alert Covid update as we say good morning to our representatives, I'll let them introduce themselves. First off, we have from the Carbon county incident management team, good morning Maggie, go for it.  
>> Maggie: Good morning, Les. I'm the public information officer with Carbon county Covid-19 incident management team.  
>> Okay.  
Dr. George?  
>> Dr. George: I'm Bill George, I'm the public health officer for Carbon county. Among the other things.  
>> You're a man with many hats aren't you.  
>> Dr. George: I don't know, depends who you ask, I guess.  
>> Some of them fit better, some of them --  
>> Dr. George: Yeah.  
>> Slopping around.  
Maggie, let's have you lead off first off.  
>> Maggie: Okay, Les. I'll give a quick update on the situation in Carbon county. Starting with 332 confirmed cases in the state of Montana, that's statewide. We've got three confirmed cases of Covid-19 in Carbon county, Montana. One male in his 40s, recovering in a healthcare facility. One female in her 40s is recovering at home. One male in his 60s is also recovering at home. The good news, is 135 cases have recovered in Montana statewide. That's close to a 40% recovery rate.  
Keep up the good work, Carbon

county, staying at home, practicing social distancing, keep six feet between you and anyone you don't live with. And of course washing your hands often.  
With that, I can turn it back to Dr. George.  
>> All righty, Dr. George. We have had some questions submitted to the Covid-19 incident management team. Some of the questions include should I remove my clothes that I wore to the grocery store before coming into my house. Let's just start off with something like that.  
>> Dr. George: Okay, Les. Before I answer that, I want to comment a little bit on the cases in Carbon county. That Maggie mentioned. We get a lot of questions, I know a lot of people are really focused on these numbers and they look to see, it's a source of anxiety and I think we should tend to speak to it. One thing that I look for is whether we think through tracking and investigation whether the people in our county acquired the virus in the county or whether they acquired it outside the county or sometimes outside the state. If it's in the community is called community acquired infection. And our community is Carbon county as I would say in this case. None of the three we think acquired their illness within Carbon county. Pretty indepth investigation for two of them and ongoing for the third. That's important to know. Like Maggie said, all of the mitigation in a we're doing, social distancing, hand washing, et cetera, seems to be helping. We started very early in Carbon county, earlier than most counties in the state of Montana, with some of our

closures, but I really think it's paid off. That can be seen as you look at the national picture, comparison to other places also. As far as your question, so I have had, that's also commonly talked about. And it should be -- we all should remember that this is respiratory infection and it's spread by droplets. Now, that being said, there's talk about asymptomatic people shedding the virus and whether that causes significant amount of transmission of illness is hard to tell. There's also -- but with most respiratory viruses, especially droplet transmitted viruses, the way that it's transmitted is standing very close to some one for a prolonged period of time and the scientists and the medical epidemiologists are using 5 to 20 minutes, standing close when they're talking, sneezing or coughing. That's one way. The other way it's transmitted is touching something that some one with the virus recently touched and had it on their hands. You touch that area, for example a grocery cart or elevator button, then you touch your face. Your mouth, your nose, or your eyes. Those are two ways it's mostly spread. There's been studies done nationally, interesting almost all of those studies have been done in Hamilton, Montana at the national lab in Hamilton. Looking to see how long it lasts on different surfaces, how long it lasts in the air. And in some places, some material and I won't go through all of them, can last up to three days. Mostly one day, usually a few hours. That brings up the clothing

question. It's never been shown that you can get Covid-19 from touching some one's clothes or even if it's on your arm. It's not recommended that you continually change your clothes throughout the day or thinking if you went to the supermarket and brushed against something that they had touched, with Covid. It's a low probability that you could acquire the virus that way. If you're some one that worries a lot and knows they're going to be thinking about that piece of clothing after they come in from downtown or the grocery store and it's going to cause undue stress, it's certainly fine to wash your clothes or change clothes when you get home. The most important thing to do when you get home is to wash your hands. At least for 20 seconds. Or use an alcohol-based hand sanitizer. That's the most important thing as well as not touching your face. >> All right. Another question that's been thrown out there, what kind of over the counter medications would you recommend if a person tested positive for Covid-19. >> Dr. George: Interesting. You know, the most common symptoms are fever, almost 100% of people. 95 to 100% of people. You can have fatigue and a dry cough. Those things account for the majority of the symptoms in 70 to 99% of people. After that there's muscle aches, shortness of breath, sore throat, those are 30% or less. To help people's symptoms, we don't have a treatment for this, fever management is important. Even though fever helps us fight infection, too high of a fever can dehydrate us, causing more

problems.  
Controlling your fever somewhat, not bringing it down to normal, 98, but that is important. Initially we were recommending Ibuprofen or Aleve, it helped in muscle aches. But there is some concern, this is changing now, some concern that maybe Ibuprofen causes further problems. The recommendation is to stay with acetaminophen if which is Tylenol. They're questioning that, the world health organization said that ibuprofen -- the nonsteroidal inflammatory are not dangerous. To be on the safe side, acetaminophen. Dry cough with any of the over the counter cough suppressants. Expectorant and suppressants. The pharmacist can help you with that and it says it on the box. You want to suppress it. Most people don't get pneumonia you don't need to cause an expectorant, the SPUTUM production. Fever control, cough suppressant would be the over the counter medicines you look for.  
>> All right.  
How do we treat, Doctor, patients when there's no cure or medication or end date to the Covid-19 situation?  
>> Dr. George: We are treating it, however treating it through prevention and prevention of spread. That's a loaded question. So the treatment for this pandemic or this public health emergency is to try to keep the steep surges of infections in communities and cities. We can all look at our TV in the evening time or our telephones and see what happens. In a city or example, or a smaller city, even, when the disease is allowed to spread sharply. Hospitals get overwhelmed, ambulance services overwhelmed,

it's devastating for people. So the treatment for that situation, health professionals are focused on, is the mitigation efforts we're doing now. To contain the virus, to have it spread slower. We all knew that we would have cases and we presently have more than three cases, likely, in Carbon county. We aren't testing everybody in Carbon county, no one is doing that type of surveillance testing, we don't have the volume of tests. Most people get mild symptoms up to two weeks. But we need to prevent this severe, critical folks from ending up in the hospital and overwhelming our system. So all of the things we talked about, the treatments for that. Unfortunately, some of the treatment recommended is difficult for society and for our families. School closures, business closures, then the personal mitigation things of social distancing and kind of behavioral things we're asking for besides social distancing of hand washing, et cetera. Those are difficult. But that's the treatment. That's the treatment. And like all treatments, there are side effects to that. And the side effects are not getting a paycheck, difficulty paying your rent, difficulty affording food, isolation, anxiety, all of those things are the side effects of this treatment.  
>> All right.  
>> Dr. George: As far as how long we're in this, how long this will last, there are things that are known and things that are not known. We know for example it's not going to end on a specific date. No one -- the federal government or even Montana is not going to

say it's over now and you can go back to normal.

It's going to be a long time before we live the kind of life that we led before this infection.

There's going to be a gradual opening-up of society.

It might be people at a younger age can go to work for example. We might be expected to wear masks much more frequently than we are now.

There might not be large gatherings allowed for several months.

Conventions, those kind of things.

You know, our society won't look the same for some time.

Might be several months.

But there is good modelling, better and better all the time. Every week there's better modelling.

The modelling is what predictions are based on.

And it's better all the time as we're entering data more often. So our modelling shows that our peak here in Montana is in probably two weeks.

That's where most cases will present to the hospital for example in one day.

Our modelling is predicting that we probably have about 80 deaths from this epidemic here in Montana, approximately.

Those are all improvements over even last week.

When we thought we would have double or even triple that amount of deaths.

As the curve comes down, that will look -- we will be able to see the end in sight but it will be a gradual end and gradual opening-up of society, which means a gradual end of our treatment.

>> That sounds good.

Now, Maggie as far as mental health assistance is concerned, you know, a lot of people feel depressed, they can't see their friends, can't go out.

Thoughts on that, Maggie?

>> Maggie: I can share that the state of Montana has created the "warmline" a free confidential service staffed by individuals with lived experience who really understand the behavioral health needs of individuals during this pandemic.

The service provides early crisis intervention with emotional support that can prevent a crisis.

So the warmline is available at 877-688-3377.

Or find it online at [Montanawarmline.org](http://Montanawarmline.org).

>> All right.

Any last thoughts, doctor and Maggie?

>> Dr. George: I'll speak to the mental health which I think is becoming more and more of an issue for a lot of people. Some tips on how to take care of yourself through this time emotionally.

First take care of yourself physically, make sure are you getting rest and eating and getting outdoors.

It's very, very important.

Second thing is to connect with people.

That sounds opposite from what we've been recommending to stay away from people.

If you look at the guidelines we're saying six feet to stay away from people.

It is essential activity to walk outside and to recreate.

It is important, either to visit with people at a distance, see -- check in to see how people are doing, do it electronically, so many ways of connecting with people electronically.

That will help a lot to your anxiety levels.

Also, check in with yourself and others to see are you really doing your day-to-day things you normally do.

Are you eating, are you bathing, do you have somewhat of a rue fine.

If those things really start to

fall off, either in yourself or your friends and family that could be a sign that anxiety and stress is getting too much.

And needs attention maybe by a mental health provider or calling your primary doctor.

>> All right.

That's about all of the time that we have for this morning.

Maggie, any last thoughts from you?

>> Maggie: Just thank you so much, Les, and I'd like to remind people we have a Facebook live event today at 10:00, Carbon Alert on Facebook and Instagram.

Thank you, everyone stay well!

>> Thanks doctor and thanks Maggie.