

Park County COVID-19 Frequently Asked Questions: **Wednesday, March 18, 2020**

Where do I go for updates on COVID-19?:

The Park County Health Department will post regular podcasts and written updates about local conditions on their website and Facebook page:

- <http://www.parkcounty.org/Government-Departments/Health-Department/>
- <https://www.facebook.com/parkcountyhealthdepartment/>

You can sign up to receive email updates from the Park County Health Department on our Facebook page or [at this link](#).

The City of Livingston has general information and information about city and area closures online at: <http://www.livingstonmontana.org/working/covid19/index.php>.

Information about state-level conditions in Montana can be found at the Montana Department of Public Health and Human Services: <https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt>

Information about national-level conditions can be found on the Centers for Disease Control (CDC) website at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

How many COVID-19 tests does the State of Montana currently have?

As of Sunday, March 18th, 2020 there were 1500 available testing kits in the State of Montana.

How long will this last?

The COVID-19 situation in Montana is a rapidly changing situation, and it's unclear how long the outbreak will last. The Park County Health Department is in constant contact with county, state, and nation agencies to monitor developments surrounding the virus and will update as information becomes available.

What are the symptoms of COVID-19?

Symptoms can appear 2-14 days after exposure and generally include:

- Fever
- Dry cough
- Shortness of breath

What do I do if I think I have symptoms?

If you are experiencing acute or life-threatening symptoms such as difficulty breathing, persistent pain or pressure in the chest, sudden confusion or bluish lips or face, please call 911 for immediate assistance.

If you think you have been exposed to COVID-19 or feel that you are experiencing symptoms, call your doctor. They can advise you on the best strategy for managing symptoms or accessing testing. Please remain at home until advised otherwise and have those you live with sanitize surfaces and distance themselves from you.

If you do not have a doctor or other regular healthcare provider, you can call the hospital at (406)222-3541 or the Park County Health Department at (406)222-4145.

No matter who you contact, please call ahead before physically going anywhere. Healthcare workers will advise you on your best course of action.

Who is a high-risk individual?

High-risk individuals include older adults (60+) and those with underlying health conditions such as heart disease, diabetes, lung disease or a weakened immune system.

What should I do if I'm a high-risk individual?

The virus is thought to spread mainly from person-to-person contact or through contact with an infected surface. To protect yourself:

- Avoid all non-essential trips outside your home;
- Maintain 3-6 feet of distance between yourself and others while out;
- Wash your hands frequently and for at least 20 seconds;
- Disinfect high-touch areas regularly. High-touch areas include any surface you touch frequently including door handles and door frames, desks and tables, phones, and steering wheels. This is not an exhaustive list, please exercise your best judgement to determine which areas around you need extra sanitizing.

What about my child? Are they at a higher risk for COVID-19?

Children can contract COVID-19 and potentially spread it to others. However, children with confirmed COVID-19 have generally presented with mild symptoms. Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

What should I do if I feel fine right now?

Preparation is key:

- Know where to find factual, local information on COVID-19 and related disruptions such as school closures or workplace disruption.
- Prepare yourself for illness or disruption of daily activities by establishing set ways to communicate with family and friends, setting aside a two-week supply of prescription medicine, food, and other essentials, and preparing plans for childcare, eldercare and other obligations.
- Reach out to friends, family, and neighbors to aid in your preparation and to help others prepare.
- Protect yourself and your family by practicing good social distancing and hygiene practices.

How can I protect myself and my family?

The virus is thought to spread mainly from person-to-person contact or through contact with an infected surface. To combat the spread of the virus:

- Limit non-essential trips outside your home;
- Maintain 3-6 feet of distance between yourself and others while out;
- Avoid groups of more than 10 people and limit in-person contact with high-risk individuals;
- Wash your hands frequently and for at least 20 seconds;
- Disinfect high-touch areas regularly. High-touch areas include any surface you touch frequently including door handles and door frames, desks and tables, phones, and steering wheels. This is not an exhaustive list, please exercise your best judgement to determine which areas around you need extra sanitizing.

All the hand sanitizer is out-of-stock? What do I do?

Washing your hands with soap and warm water for 20 seconds is the best prevention available. Recommendations for washing your hands are, as follows:

1. Wet your hands with clean, running water (warm or cold), turn off the tap (save water!), and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Am I allowed to go outside at all?

Yes! You can still take full advantage of the outdoor beauty of Park County. Outdoor activities such as walking your dog, going on a run, or exploring a great cross-country ski trail are all great activities to do as long as they are done alone or in small groups.

Is it safe to eat food from a restaurant?

Currently there is no evidence to support transmission of COVID-19 associated with food. In Park County there are many restaurants transitioning to curbside pick-up and delivery service. Restaurants and other food-service providers have been ramping up disinfection, cleaning and employee hygiene procedures, with guidance from the Park County Health Department and Lead Sanitarian.

The Park County Health Department recognizes the need to support our local business while maintaining social distancing and asks that you exercise your best judgement.

How long will schools be canceled?

Currently, all public K-12 schools in Montana are closed through March 27th. Your school and the Park County Health Department will keep the public informed if this situation changes.

Can my child access school meals while schools are cancelled?

The Livingston, and Shields Valley school districts will be providing meals to children as needed:

The Livingston School District will be providing free breakfast and lunch to all children 18 and under from March 17th to March 20th. All meals will be available by walk-up or drive through service on four different routes:

	11:00 am	11:20 am	11:40 am	12:00 pm	12:20 pm
Route 1	Northern Lights & Sun	Legion Ballpark (Northern Lights & Milky Way)	North Soccer Field (Summit & 13 th)	LDS Church (Summit & Main)	
Route 2	Washington Elementary	Gateway Museum (Chinook & 2 nd)	Iron Horse Tr. Ct	Gallatin & N St	489 Old Clyde Park/89 N (Trailer Ct)
Route 3	Winans Elementary	C & Geyser	Geyser & L St.	O & Calendar (Church of God)	
Route 4	Albertson's	Billman Lane (Taco Bell)	Country Living Tr Ct	E River Rd & 89 S	

For questions, call (406)222-0209

In the Shields Valley, those in need of food or snacks during school closure can arrange for pickup or drop-off in Wilsall and Clyde Park by calling Mrs. Taylor at (406)578-2083 or (406)578-2535, or emailing btaylor@shieldsvalleyschools.org. Glenn's grocery store offering curbside pickup as well.

Tavern Sunnyside offering curbside as well as following guidelines such as limiting to groups of 10 or less, practice social distancing and increasing cleaning protocol
Gardiner: Gardiner Market offering in-town delivery and curbside pickup.

I can get food from the school district for my child, but what about for the rest of my family?

Various organizations around the county are making delivery service or curbside pick-up of hot meals and other food available. These include:

Livingston Food Resource Center: (406) 222-5335)

Park County Meals-on-Wheels: (406) 222-7195)

Loaves and Fishes: (406) 222-4824)

Gardiner Food Pantry: (307) 344-9006)

I am currently unable to leave the house to get groceries, pick up prescriptions or pay my bills, what do I do?

Reach out to friends, families and neighbors to see if there is anyone local to you who would be willing to help pick up groceries or prescriptions. Additionally, the Park County Health Department is compiling a list of volunteers who can provide help to those who need it. We are organizing the wonderful community volunteers that are working to keep our community strong. If you have immediate needs, don't hesitate to call the Park County Health Department at (406) 222-4145.

I need access to mental health help:

The Park County Health Department has compiled a list of community mental health providers who have availability to provide support over the phone or internet. <http://www.parkcounty.org/uploads/files/departments/18/Mental-Health-Support-Documents.pdf>

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These therapists in our community are volunteering their time to help support members of the community.

If you need any mental health assistance, please contact the Park County Health Department at (406)222-4145 and we can put you in contact with those providers.

As a community, there are ways to support each other. Reach out to friends and family over the phone or via video-chat. Reach out to your neighbors to ask if there's support you can offer in terms of grocery trips or food delivery. And make sure you take care of yourself by eating well, getting fresh air, and taking breaks from the news.

How do I know what events are cancelled/postponed in Park County?

The Livingston Enterprise is currently compiling a list of local closures and postponements:

<https://www.livingstonenterprise.com/content/list-local-closures-postponements>

This is not necessarily complete or current.

If you are a business owner or the host of an event in Park County please notify the Livingston Enterprise about your current status:

<https://www.livingstonenterprise.com/contact>.

I want to volunteer, where do I go?

If you would like to volunteer with food deliveries, food preparation, or in other ways to support those who need the most help in our community, please call (406)222-4131 or sign up online at on the Park County Health Department website at: <https://mailchi.mp/a009838ab0b7/pchdvolunteers>.