



Eastern Idaho Public Health

COVID-19 Hotline #: (208) 522-0310 • www.EIPH.Idaho.gov • Facebook: @EIPH.Idaho

COVID-19 Daily Report Wednesday, April 15, 2020

Positive COVID-19 Test Results

We have no positive cases to report today.

Current COVID-19 Case Counts

County	Cases
Bonneville*	16
Clark	0
Custer	2
Fremont	2
Jefferson*	4
Lemhi	0
Madison*	5
Teton*	6
Total	35

*Indicates community transmission of COVID-19.

COVID-19 Information

Eastern Idaho Public Health will be hosting an informational webinar on Thursday, April 16 at 1:00 p.m. for any business interested in learning more about non-pharmaceutical interventions and criteria recommended to be included in an operational plan for reopening non-essential businesses. Based on interest, additional webinars will be offered. Please visit our website at www.EIPH.Idaho.gov for webinar details.

COVID-19 Q & A of the Day

Question: How can people stay upbeat and motivated during social distancing?

Answer: One of the main strategies is to be aware and conscious of your news and media intake. The more time you spend reading news about the pandemic, the more likely you are to feel anxious and concerned. That's especially true at home, when you're able to access news media 24/7. Another effective strategy is to try and look for ways to have social and professional engagement while adhering to social distancing. Using tools like Zoom or Teams—not only to talk by audio but also for video conferencing—can help people feel connected socially with their colleagues, family, and friends, and maintain a sense of belonging. We should also try to be as faithful as possible to a routine. Usually, leaving the house to go to work or school gives us the comfort and structure of our routine, and in uncertain times like these a home-based routine can be helpful, too. Maintaining a sense of normalcy can be a way to alleviate uncertainty in one's daily life during an atypical time. (Information from Johns Hopkins Bloomberg School of Public Health).

