



COVID-19 Questions, Answers, and Other Information

General COVID-19 Information:

- **What is COVID-19?**
 - COVID-19 (CO/Corona + VI/Virus + D/Disease + 19/2019 – the year it was discovered). COVID-19 is a highly infectious respiratory disease caused by a new or novel coronavirus. The disease was discovered in China in December 2019 and has since spread around the world.
- **Signs or symptoms of COVID-19?**
 - Fever, cough, and shortness of breath
- **How is the virus spreading?**
 - This virus is spreading from person-to-person, most likely in droplets from when a sick person coughs or sneezes. The virus can be present on surfaces. How long it can survive on surfaces is not known at this time.
- **Do I need to wear a mask?**
 - Masks are good to wear if you are sick to help stop the spread of germs to others. It is not recommended to wear a mask for prevention.
- **How severe is the virus?**
 - Most people with COVID-19 recover and do not require hospitalization. A much smaller percentage of people get severely ill with respiratory problems like pneumonia.
- **Who is most at risk for complications of COVID-19?**
 - Those most at risk for COVID-19 include older adults (people 70 and over) and those with underlying medical conditions such as diabetes, lung, heart, and kidney disease.

Testing:

- **What providers offer testing?**
 - Please call ahead and speak with your healthcare provider about the potential for testing.
- **If I don't have a healthcare provider, how do I find one?**
 - There are many great healthcare providers and urgent care facilities in our communities.

- You can go to Eirmc.com for an online “find a doc” service if they are looking for a primary care provider.
- You can also Google “primary care, family doctors, or healthcare providers” in <insert where they live>.
- There are also four FQHCs (federally qualified health centers) in our region: Community Family Clinic in Idaho Falls (208-528-7655), Grand Peaks in Rexburg (208-356-4900) and St. Anthony (208-624-4100), and Challis Area Health Center (208-879-4351). They can be a great resource for you.

- **Do I need to be tested?**

The following criteria can be used to determine if you need to call a healthcare provider:

- If you have no symptoms, you will not be tested... and there is no need for you to be tested.
- If you have fever with a cough or with shortness of breath, first call your healthcare provider.
- If you have those symptoms, your healthcare provider can choose to run a COVID-19 test if:
 - You have been evaluated for other respiratory illnesses.
 - You have symptoms with a history of recent travel OR
 - You have symptoms and contact with a person confirmed to have COVID-19.

Current Situation:

- **Who has tested positive?**
 - We do not release names of individuals that are being monitored, tested, or have been found to have COVID-19.
- **How many cases do we have in Idaho and how many people have been tested?**
 - Please go to [Coronavirus.Idaho.gov](https://coronavirus.idaho.gov) for current COVID-19 case counts and the number for people tested through the Idaho Bureau of Laboratories.

How to Help:

- **What can I do to reduce the spread of COVID-19?**
 - Avoid people who are sick. If you are sick, limit contact with others as much as possible.
 - Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Clean and disinfect surfaces and objects that may be contaminated with germs using a disinfecting solution.
 - Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.

- **What is social-distancing?**
 - In a public health context, social distancing generally refers to various measures that reduce close contact (increase distance) between large groups of people (hence social). According to the CDC, social distancing involves “remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet) from others when possible.” Congregate settings include, “crowded public places where close contact with others may occur, such as shopping centers, movie theaters, and stadiums.”

- **How many people can get together for events, weddings, meetings, etc.?**
 - The “Interim Guidance for Mass Gathering and Public Events in Idaho” can be found on EIPH’s website at www.EIPH.Idaho.gov.

- **What does isolation and quarantine mean?**
 - Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease. **Isolation** separates sick people with a contagious disease from people who are not sick. **Quarantine** in Idaho refers to a physical location (house, building, apartment, or other place) where people must be kept from contact with the public. It prevents people from leaving or entering the location during the period the location is under quarantine.

- **Do I need to self-isolate?**
 - You only need to self-isolate if you have been in contact with a lab-confirmed COVID-19 patient or you have had specimens collected to test for COVID-19. Please follow recommendations from your healthcare provider or your local public health department.

Resources:

- **Local Public Health District Hotlines (for public health district outside of EIPH’s boundaries which are the counties of Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton)**
 - District 1 | Panhandle Health District | 877-415-5225
 - District 2 | Idaho North Central Health District | 866-736-6632
 - District 3 | Southwest District Health | 208-455-5411
 - District 4 | Central District Health | 208-321-2222
 - District 5 | South Central Public Health District | 208-737-1138
 - District 6 | Southeast Idaho Public Health | 208-234-5875

- **City of Ammon**
 - **Will city functions cease during this outbreak/pandemic?**
 - City of Ammon utility services, fire and rescue operations, and law enforcement functions will continue without interruption throughout the coronavirus situation. Trash service will occur on your regular trash day. Water and sewer services are operating as usual. City Hall and other city facilities may be closed to the

public. All City meetings will be conducted via remote technology and all gatherings of more than 50 people in Ammon have been cancelled. Please visit www.cityofammon.us for public meeting information and the latest updates from the City of Ammon on the coronavirus. Questions or concerns can be submitted to the city on its homepage. To speak with a representative from the City of Ammon, please call 208-612-5000.

- **Other Government Offices**
 - **Will city, county, and state offices remain open during the COVID-19 pandemic?**
 - Before seeking services at government offices, please check their website, Facebook page, or call ahead to see if they are open or if they have changed their hours due to the evolving situation.
- **Eastern Idaho Regional Medical Center (EIRMC)**
 - **What is the best number for EIRMC for COVID-19 related questions?**
 - 833-582-1974
- **Idaho Falls Community Hospital (IFCH)**
 - **Is IFCH Testing for COVID-19?**
 - IFCH is utilizing the same screening process for patients, visitors and staff. They are offering COVID-19 testing through the ER. Before coming in for testing, you must first contact your primary care physician. It is recommended that instead of going into the office that you contact the provider over the phone. If you do not have a primary care physician, please contact an Urgent Care such as Medicare or Community Care. For questions about testing, please call 208-528-1132 to speak with the Charge Nurse.
- **Mountain View Hospital (MVH)**
 - **Information from MVH:**
 - MVH is continuing to offer all of its services as normal with screening of both patients, visitors, and staff. We are trying to limit the number of visitors and are requesting that no one under the age of 18 come into the hospital unless it is for a procedure.

Glossary of COVID-19 Frequently Used Words:

Asymptomatic

Asymptomatic mean a person does NOT have symptoms or is not showing evidence of disease. Just because a person is asymptomatic doesn't mean they aren't infected with COVID-19.

CDC

CDC stands for the Centers for Disease Control and Prevention. It is a US federal agency based in Atlanta, Georgia.

Community Spread

Community spread is spread of a disease where the infection source is unknown.

According to the CDC, many sources of COVID-19 are due to exposure to a returned traveler who was infected.

Communicable

Communicable means “capable of being easily communicated (spread) or transmitted.” COVID-19 is a communicable disease.

Coronavirus

Coronaviruses are types of viruses that typically affect the respiratory tracts of birds and mammals, including humans. They typically cause the common cold, bronchitis, and pneumonia. When a new strain of a coronavirus emerges, meaning it has never been seen before in the world, it is known as a novel coronavirus. COVID-19 is a disease caused by a novel coronavirus.

COVID-19 (CO/Corona + VI/Virus + D/Disease + 19/2019 – the year it was discovered)

COVID-19 is a highly infectious respiratory disease caused by a new coronavirus. The disease was discovered in China in December 2019 and has since spread around the world.

EIPH

Eastern Idaho Public Health is one of 7 health districts in Idaho. It is the local public health authority for the following counties: Bonneville, Custer, Clark, Fremont, Jefferson, Lemhi, Madison, Teton.

Epidemic

An epidemic is a temporary prevalence of a disease spreading from person to person in a locality where that disease is not permanently prevalent.

Epidemiology

Epidemiology is the branch of medicine dealing with the incidence and prevalence of disease in large populations and with detection of the source and cause of epidemics of infectious disease.

An **epidemiologist** is a person who studies or is an expert in epidemiology.

Flatten the Curve

Flatten the curve means slowing the spread of an epidemic disease so that the capacity of the healthcare system doesn't become overwhelmed. The curve represents the number of cases over time. Flattening that curve means preventing a huge surge of new cases in a short period of time.

Herd Immunity

Herd immunity is the immunity or resistance to a particular infection that occurs in a group of people or animals when a very high percentage of individuals have been vaccinated or previously exposed to the infection.

Immunity

Immunity is the state of being immune from (“protected from a disease”) or insusceptible to a particular disease; the condition that permits either natural or acquired resistance to disease.

Humans don't currently have immunity to COVID-19.

Immunocompromised

Immunocompromised means having an impaired or compromised immune response; also referred to as **immune-compromised** or **immunodeficient**.

Incubation Period

Incubation period means the period between infection and the appearance of signs of a disease.

Isolation

Isolation is the complete separation from others of a person suffering from contagious or infectious disease. In public health, isolation happens when a person is infected with a communicable disease, and is separated from people who are healthy. This helps stop the spread of disease.

Self-isolation is voluntary isolation. Note that everyday people may use self-isolation when they aren't infected.

Mitigation

Disease mitigation are measures taken to slow the spread of infection. Quarantine, isolation, and social distancing are forms of mitigation. Washing your hands with soap for at least 20 seconds is one important thing to do to help prevent the spread, or mitigate, COVID-19.

Pandemic

A pandemic is a disease prevalent throughout an entire country, continent, or the whole world. A pandemic is an epidemic that has spread over a large area. The World Health Organization (WHO) specifically uses pandemic to refer to new diseases people do not have immunity for and that have spread worldwide. The WHO has declared the coronavirus outbreak a pandemic. Pandemic can be both a noun and an adjective (e.g., a pandemic disease).

Quarantine

In Idaho, quarantine refers to a physical location (house, building, apartment, or other place) where people must be kept from contact with the public. It prevents people from leaving or entering the location during the period the location is under quarantine.

Respirator

A respirator is a masklike device, usually of gauze, worn over the mouth (or nose and mouth) to prevent the inhalation of noxious substances or the like. To help protect them from COVID-19, health professionals wear respirators to filter out virus particles as they breathe in so they don't get infected and can help patients. For these professionals, the CDC specifically recommends using what are called N95 respirators, which fit more tightly around the nose and mouth than medical or surgical masks.

Respiration is breathing, the inhalation and exhalation of air.

Respiratory means "pertaining to respiration," as in a respiratory disease like COVID-19.

Social Distancing

Social distancing refers to measures that reduce contact between large groups of people.

Social distancing measures often entail canceling big gatherings (such as conferences, classes, church services, concerts, and sporting events), restricting mass transit and travel, and working from home. The CDC specifically recommends maintaining a distance of 6 feet (2 meters) between people. During the coronavirus outbreak, people commonly spoke or wrote of **hunkering down** at home as they practiced social distancing.

Symptom

Symptom is a phenomenon that arises from and accompanies a particular disease or disorder and serves as an indication of it. Major symptoms of COVID-19 include fever, dry cough, fatigue, and difficulty breathing.

Ventilator

A ventilator is a machine that helps a patient breathe. It pumps oxygen into the lungs and removes carbon dioxide through a tube. In medicine, **ventilate** can refer to oxygenating the blood (i.e., supplying it with oxygen) or helping someone breathe using a mechanical ventilator.

Virus

A virus is an infectious agent that replicates only within the cells of living hosts. COVID-19 is caused by a virus and spreads through droplets from the mouth and nose of a person with COVID-19 after coughing, sneezing, exhaling, talking, etc.

WHO

WHO stands for the World Health Organization, a United Nations agency based in Geneva, Switzerland.