



Health Recommendations Updated As Coronavirus Risk Grows

Table with 2 columns: Event Name and Date. Rows include CEO/Trustee Educational Program Cheyenne (4/30) and Annual Meeting & Convention Casper (9/2-9/3).

While the current risk of transmission in Wyoming is still low, the overall situation surrounding coronavirus disease 2019 (COVID-19) continues to become more concerning...

Dr. Alexia Harrist, state health officer and state epidemiologist with WDH, said "We believe the risk within Wyoming from this virus remains low. We believe it's likely the disease will spread to this state at some point, but do not yet know how widespread the illness will be over time after it does arrive..."

"There are simply some things we don't yet fully know about COVID-19 such as how easily it spreads and how many patients may experience severe illness," Harrist said. "However, the symptoms reported with this disease are familiar to all of us: fever, cough and shortness of breath."

Harrist recommended steps that can help avoid the spread of any respiratory illness, including COVID 19:

- Avoid close contact with sick people.
• While sick, limit contact with others as much as possible.
• Stay home if sick.

- Cover nose and mouth when coughing or sneezing. Avoid touching eyes, nose and mouth. Germs spread this way.
• Clean and disinfect surfaces and objects that may be contaminated with germs.
• Wash 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 percent alcohol.

"One thing we are NOT recommending is the use of facemasks as a general preventive measure," Harrist said. The Centers for Disease Control and Prevention (CDC) does not recommend people who are well wear facemasks. Facemasks should be used by people who are ill to help prevent spread. Facemasks are also important for health workers and others taking care of infected people.

Harrist noted the Wyoming Public Health Laboratory, which is part of WDH, began COVID-19 testing last week. Some large commercial laboratories have also added COVID-19 tests to their services.

"Travel recommendations and restrictions are also important to help prevent the spread of illness," Harrist said. The CDC currently recommends no non-essential travel to China, Iran, South Korea and Italy and no travel on cruise ships. Entry to the United States from China and Iran is also restricted.

Because they are at higher risk of severe COVID-19 illness, the CDC also says older adults and travelers with underlying health issues should consider avoiding situations with increased risk for transmission. Examples include avoiding non-essential travel such as long plane trips and avoiding crowded places.

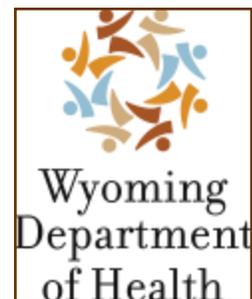
"We are also recommending that Wyoming's long-term care facilities such as nursing homes take steps such as screening of visitors and employees, and reviewing their illness prevention plans," Harrist said.

Coronaviruses are a large family of viruses, some of which cause the common cold in people and others that circulate among animals.

For more information about coronavirus disease 2019 and Wyoming, visit: https://health.wyo.gov/publichealth/Infectious-disease-epidemiology-unit/disease/novel-coronavirus/.

For more details about the disease and its national and international status from the CDC, visit: https://www.cdc.gov/coronavirus/2019-nCoV/index.html.

2020 PAC Contributions
Eric Boley
Barry Burkart
Carol Solie
Doug Faus
Heidi Baskfield
Doug McMillan



SageWest Health Care Named Top 100 Rural Hospitals

Member Spotlight

For the second year in a row, SageWest Health Care announced it has been named one of the Top 100 Rural & Community Hospitals in the United States by The Chartis Center for Rural Health. Regarded as one of the industry's most significant designations of performance excellence, the annual Top 100 Rural & Community Hospitals award is based upon the results of the Hospital Strength INDEX® from iVantage Health Analytics.

"We are honored to be recognized as a Top 100 Rural & Community Hospital," said John Ferrelli, SageWest Health Care CEO. "We constantly strive to improve how we provide care and enhance our patients' experiences, and we work hard to maintain a culture that empowers everyone to feel ownership over the care and service we provide.

We are committed to advancing our mission of Making Communities Healthier® and proud to deliver high-quality patient care close to home for those we serve."

Hospitals recognized as a Top 100 facility scored in the top 100 among all rural and community hospitals nationally. The INDEX leverages 50 rural-relevant indicators across eight pillars of hospital strength (i.e. inpatient market share, outpatient market share, cost, charge, quality, outcomes, patient perspective and financial stability) to determine an overall score for each hospital. Each of the INDEX's 50 indicators is culled from publicly-available data sources.

"In an era of increased complexity and

uncertainty, Top 100 hospitals have established themselves as a bellwether for rural provider performance," said Michael Topchik, National Leader of The Chartis Center for Rural Health. "Top 100 status is a real indicator of how proactive these hospitals are when it comes to pushing for performance improvement in areas such as quality, outcomes, patient safety, market share and finance."



Banner Health's Heartwarming Podcast 'Bedside Stories' Returns

Banner Health Stories

Banner Health has launched the second season of its podcast "Bedside Stories," highlighting some of the most captivating and emotionally compelling personal experiences that take place behind the scenes in health care.

The narrated podcast takes listeners through a variety of medical challenges, tense moments and inspiring successes. Each roughly 15-minute episode offers tightly woven storytelling similar to podcasts like NPR's "This American Life."

This season will include the case of a 10-year-old girl who is literally one in a million -- a sur-

vivor of an extremely rare cancer requiring a surgery that was spellbinding in its intensity. Listeners will also hear fascinating stories from a physician assistant who's been quietly helping hundreds of people in undeveloped areas around the world.

"Each of these unforgettable stories leapt out to us among hundreds we hear about from doctors, medical staff, patients and volunteers," said Bedside Stories host and narrator Corey Schubert. "It reminds us that the person next to us in line

at the grocery store or pumping gas might have the most interesting story to tell."

Schubert has dedicated his career to storytelling. He's a former NASA editor and journalist whose work has been featured on Dateline NBC and Discovery ID. Schubert is a public relations specialist for nonprofit Banner Health, which produces the podcast.

Bedside Stories is available on iTunes, Spotify and Anchor. New episodes will be available every three weeks.

Trustee Spring Meeting

CEO/Trustee Educational Program

April 30, 2020

8:00 a.m.—3:00 p.m.

Plains Hotel, Cheyenne, Wyoming

307-638-3311

\$80/\$90 per night (mention Wyoming Hospital Association)

Program is free of charge to all Wyoming Hospital Association Members

WHA is monitoring the COVID-19 situation and will make a determination if the meeting will be held closer to the date

2005 Warren Avenue, Cheyenne, Wyoming 82001