

Valley County Board of County Commissioners

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FOR IMMEDIATE RELEASE
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Part-Time Valley County Resident Confirmed to Have COVID-19

No associated travel to Valley County during the infectious period, no identified risk to the Valley County Community

Cascade, Idaho – Central District Health (CDH) announced the first case of novel coronavirus infection with ties to Valley County. A part-time Valley County man in his 50s, with mild symptoms, was recently confirmed to have COVID-19 after testing in Ada County. The man is recovering well under self-isolation in Ada County. He had no associated travel to Valley County during his infectious period. Contact investigations suggest travel-associated risk from Blaine County, and there is no identified risk to the Valley County Community.

CDH is asking anyone with recent travel to Blaine County, Idaho in the past two weeks (March 8 through March 22) to shelter in place. This, after three Ada County residents and one Valley County resident tested positive for COVID-19, and confirmed travel and time spent in Blaine County.

Sheltering in place is not an official mandate, but asks that people stay at home, except to get necessary medical care, monitor their symptoms, and avoid close contact with anyone for 14 days after their last potential exposure date. After that time, and provided individuals are completely symptom-free, then they can then follow recommendations CDH is providing to the general community for COVID-19.

“While this is guidance, and not an official order, we are strongly urging any community members this applies to, to do the right thing. This also applies to anyone who has traveled to states or areas outside of Idaho that are currently under shelter in place orders or where there is widespread transmission of COVID-19,” said Russ Duke, District Director for Central District Health. “We all have a personal responsibility to do the right thing to protect ourselves, our community and the entire state of Idaho,” said Duke.

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If you are showing symptoms of COVID-19:

CALL FIRST: If you have a fever, dry cough or shortness of breath, please call your healthcare provider. A risk assessment will be conducted over the phone and guidance on next steps provided.

St. Luke's McCall: (208) 634-1776

Cascade Medical Center: (208) 382-4285

WHEN TO GO TO THE EMERGENCY DEPARTMENT: If you are having difficulty breathing or significant shortness of breath, please proceed to your local Emergency Department. **CALL AHEAD** (St. Luke's McCall: (208) 634-1776, Cascade Medical Center: (208) 382-4285). Even if it is from your vehicle in the parking lot. This will alert healthcare providers to provide you with a face mask and take the necessary precautions to protect themselves.

COVID-19 prevention recommendations:

STAY HOME. Limit any and all non-essential social engagements and gatherings. Try to maintain a six foot "personal bubble" from others. When we begin seeing increased disease activity in our communities, this is important to reduce transmission of this virus.

PREVENT THE SPREAD. Make sure you are washing your hands with soap and water and using alcohol-based hand sanitizer frequently. Cough and sneeze into the crook of your elbow or into a tissue. Try not to touch your mouth, eyes or face with your hands.

PROTECT THOSE AT GREATER RISK. This disease disproportionately effects the elderly and people with underlying chronic disease. It is up to all of us to do our part to protect those vulnerable populations by staying home.

BE INFORMED. This situation is fluid, and it is changing rapidly. Keep up to date with current and accurate information from Idaho Health and Welfare, Central District Health and the Center for Disease Control websites. You can access these websites at stlukesonline.org.

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