

## Lewistown Community Covid-19 Collaborative

Our purpose is to provide the Lewistown community with relevant and timely information regarding the Covid-19 pandemic. Local health care providers (CMMC, Community Health Center, SCL Health Clinic) have teamed up with Central Montana Health District, Lewistown Public Schools, and childcare organizations (Central Montana Head Start, Small Wonder and Fox Den) to communicate changes which affect the local economy and larger community.

- Face coverings are required in all counties. (age 5 years and up)
- Restaurants and bars are open at 50% capacity, and close by 10 p.m. Public gatherings are limited to 25 where social distancing is not possible.
- A testing center at the airport has improved Covid-19 testing efficiency.
- All health provider offices/clinics remain open for well and sick visits. Most offices offer traditional office visits and virtual telemedicine visits.
- Lewistown Public Schools: High School and Junior High are currently on an A/B schedule (50% capacity) with two in-person learning days each week and the remaining distance learning. Kindergarten through Sixth grade remain in-person 5 days per week at 100% capacity). Current student attendance rate is 94%.

### Frequently Asked Questions: Symptoms

**What are the Symptoms of Covid-19?** Common symptoms of Covid 19 include: Fever >100.4, fatigue, headache, chills, body aches, shortness of breath, cough, loss of taste or smell, nausea/vomiting, congestion, sore throat, runny nose. Symptoms may be very mild or severe.

**What should I do if I have symptoms of Covid-19?** *If you are sick, please stay home to avoid spreading illness.* If you have not been identified as a close contact, you will need to see your healthcare provider and they will order your test based on symptoms. If you have been identified as a close contact, contact the CMHD (535-3983) and they can order your test based on information without you seeing a healthcare provider.

**What if I test positive for Covid 19?** You will begin a 10 day isolation period. The CMHD will determine isolation dates. Isolation ends after the 10 days if you have been fever free for 24hrs.

*For symptom management at home:* drink plenty of fluids, eat nutritious foods, and rest. Over the counter medications such as tylenol and ibuprofen can help with fever, body aches, and headache. Cough drops, lozenges, tea, honey, and humidity can also be good comfort measures.

*Call your healthcare provider if you believe medical care is needed for more serious or long lasting symptoms.*

*Seek emergency care* for severe symptoms such as difficulty breathing, bluish coloration of lips/skin, pain in the chest, difficulty staying awake, or confusion.