

## 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.

- The Montana Department of Health and Human Services(DPHHS) and the Central Montana Health District(CMHD) have adopted the new CDC guidelines on quarantine.
- Quarantine can end after 10 days, and after 7 days under certain testing conditions. People are still advised to monitor closely through day 14, and if symptoms develop they are to self isolate immediately and contact the local health authorities. CMHD: 535-3983.
- The CDC states that a 14 day quarantine remains optimal although post quarantine transmission is low after day 10. The recommendation was implemented to decrease the personal burden of quarantine including mental health and economic hardship.
- The CDC hopes that decreasing the quarantine burden will increase community compliance.
- Governor Bullock announced the first round of the COVID-19 vaccine. Montana DPHHS is expected to receive the first round of Pfizer vaccines mid December which will be prioritized for healthcare workers at Montana's largest hospitals in Billings, Bozeman, Butte, Great Falls, Helena, Kalispell, and Missoula.
- The second allocations will be Moderna and possibly Pfizer vaccines that will focus on Rural hospitals and skilled nursing centers. This shipment is expected to be shipped one week after the first allocation.
- The vaccine requires two doses 21 days apart.
- The State is still acquiring details from the Federal government about plans for later rounds.
- Face coverings are required in all counties. Continue Social Distancing.
- Restaurants and bars are open at 50% capacity, and close by 10 p.m. Public gatherings are limited to 25 individuals where social distancing is not possible.
- Fergus High School and Lewistown Junior High School remain at 50% capacity with an A/B day schedule. Kindergarten-6th grade remains at 100% capacity 5 days a week!

### Frequently Asked Questions:

**What continues to be a basic and most effective way to prevent the spread of disease? HANDWASHING!!**

*"The best way to prevent the spread of infection and decrease the risk of getting sick is by washing your hands with plain soap and water advises the CDC." Nov. 27, 2020 FDA*

#### **What are the key times to wash your hands?**

Before, during and after- preparing food.

Before and after- eating, caring for a sick person, treating a cut or wound, touching your eyes, nose or mouth, touching your mask, entering or leaving a public area, touching an item or surface that may be frequently touched by others.

After- using the bathroom, changing diapers, blowing your nose, coughing or sneezing.

**How should I wash my hands?** Wet your hands and lather your hands, backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds-which is longer than most think-you can hum the "Happy Birthday" song twice to gage the time. Rinse well under running water and either dry with a clean towel or allow to completely air dry.

**Can I use hand sanitizer?** If soap and water are not available, a 60% alcohol based hand sanitizer can be used. Rub the gel over all surfaces of your hands and continue to rub until dry which should take about 20 seconds.

**We live in a great Community! Let's work together!!**