



Teton Valley Health
Where Everyone Matters

**Press Release – For Immediate Release
COVID-19 Update March 26, 2020 6:30 pm**

The Department of Health and Welfare (DHW) reported today on Idaho’s first deaths related to COVID-19. They are:

- A man over the age of 60 from Blaine County. Unknown if he had underlying health issues.
- A man over the age of 80 from Blaine County. Unknown if he had underlying health issues.
- A man over the age of 70 from Canyon County with underlying health issues.

Along with offering their condolences, the DHW stated that “This underscores the importance of Governor Little’s order to stay home – we all have to do our part to slow the spread of COVID-19 and save lives.”

Teton Valley Health (TVH) and Eastern Idaho Public Health (EIPH) reported that there were no newly confirmed cases for Teton County as of today. However, tests are still pending. The time it takes to receive test results is increasing due to high demand on state labs. Those who have been tested were asked to self-isolate while tests are pending even prior to the Governor’s order to stay at home. However, a definite complication to control this illness lies in the fact that a person can have the virus many days prior to showing symptoms which could mean transmission during that time could go undetected. Therefore, Eastern Idaho Public Health, Teton Valley Hospital, all local officials and partnering agencies also ask individuals to follow the Governor’s stay at home order. Together, we can all make a difference in slowing down the spread of COVID-19. This will save lives, protect the health of our communities, and allow us the ability to return to normal life sooner than later.

The Governor’s order allows exceptions from the order for essential services and businesses. For a detailed list of essential services and businesses, please visit: https://coronavirus.idaho.gov/wp-content/uploads/sites/127/2020/03/IdahoEssentialServices_updated.pdf

If you do work for an essential business, please use the following recommendations to minimize workplace exposure for yourself and others:

- Maintain a 6 foot distance between yourself, coworkers, and members of the public.
- Do not share equipment like phones or keyboards, or clean in between uses if this is not feasible.
- Routinely clean frequently touched surfaces; wash your hands after cleaning.
- Do not travel in vehicles with other employees if possible.
- And, as always, stay home if you are sick.

These are very stressful, trying times and it is essential to take time to focus on mental health for ourselves and our families. The Teton Valley Mental Health Coalition offers this important information:

“We are here to support the community as we navigate both the physical and emotional complexities of our current situation. We have experienced numerous requests for guidance and resources. If you are in need of direct counseling support, call any of the counselors listed on the coalition website, they are available and taking new clients. Be sure to check out some of the local counseling agencies including Teton Behavior Therapy and Reddoor Rehab. Some are busy but with a little patience, you should be able to schedule an online appointment sooner rather than later. Also, most insurance companies are waving exceptions for online visits. Be aware, the TVMHC does offer a subsidized counseling program for those who do not have insurance and are either suicidal or in a situational crisis. All you need to do is contact one of the providers listed at www.tetonvalleymentalhealth.com. Below are two resources we have been using but there are many more.

Resources:

[Online compilation from well known companies like SAMSHA, CDC, APA,](#)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

A hub has been created for the latest COVID-19 information from local, state, and federal agencies at:
<https://coronavirus-response-tetonidaho.hub.arcgis.com/>

Thank you for doing your part to stop COVID-19. TETON VALLEY STRONG!