

VISIT SUN VALLEY

COVID-19 Resource Links | March 2020

Step 1: Prevention

(Resource: [CDC on Traveling](#))

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Step 2: Mitigation (Reducing the Spread)

- See [list of approved disinfectants and cleaning instructions](#).
- CALL AHEAD before you visit your doctor – if you are sick you can spread it.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wipe/disinfect "high-touch" surfaces 2-3x a day
- How to prepare and prevent the spread of COVID-19 in your community - <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

Step 3: Quarantine

(added from [CDC Quarantine](#))

- People tend to be very conscientious and will stay home if quarantined.
- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask.
- Cover your coughs and sneezes.
- Clean your hands often.

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- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.
- Monitor your symptoms.
- Home isolation - The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Frequently Asked Questions:

- When do I call the doctor?
 - If you have been in an affected area within the last 15 days
 - If you develop symptoms and have been in close contact with an infected person
- What are the symptoms?
 - Fever, cough and shortness of breath
 - Symptoms may appear 2-14 days after exposure

Online Health Resources:

- South Central Public Health District
 - SCHD just created 208-737-1138 as an official hotline to call if you have questions
 - SCPHD's COVID-19 page: <https://www.phd5.idaho.gov/Coronavirus/>
- Idaho State COVID-19 page: <https://coronavirus.idaho.gov/>
- CDC business guidance page specific to COVID 19: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>
- To combat “infodemics” (an excessive amount of information about a problem that makes it more difficult to solve), World Health Organization developed the WHO Network for Information in Epidemics (EPI-WIN). EPI-WIN has networks within healthcare, travel and tourism, food and agriculture, and international mass gatherings, that can help share accurate information and gather information on the needs of constituents. See <https://www.epi-win.com/>

Other Resources:

All employers should be ready to implement strategies to protect their workforce from the Coronavirus while ensuring continuity of operations. Download these guides created by the U.S. Chamber of Commerce Foundation, which are based on information provided by the Centers for Disease Control and Prevention (CDC), to learn more about how employers and employees can prepare for and address the impacts of the Coronavirus.

- [Coronavirus \(COVID-19\) Workplace Tips for Employees](#)
- [Guidance for Employers to Plan and Respond to Coronavirus](#)

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Local / Sun Valley / State of Idaho:

- [Idaho Mountain Express Newspaper](#)
- [Sun Valley Museum of Art](#)
- [South Central Public Health District](#)
- [From the State](#)

Travel Resources

- [Traveling to Sun Valley, Idaho](#)
- [Friedman Memorial Airport Air Service Information](#)
- [CDC Travel Guide](#)
- [United Airlines](#) / [Delta Airlines](#) / [Alaska Airlines](#)
- [Limelight Hotel](#) (Aspen Skiing Co.)
- [Getting to Sun Valley](#)