

Sheridan Memorial Hospital is taking the spread of COVID-19 very seriously. We are monitoring the situation, staying in touch with the Wyoming Department of Health and our local Public Health officials and updating our protocols accordingly.

Spread mainly through person-to-person close contact (approximately 6 feet), it is small droplets from coughing and sneezing which can enter the mouth and lungs of those nearby. It is possible infection can happen by touching a surface or object that has virus on it such as a table or doorknob and then touching your mouth, nose or eyes.

It is important to know that 80% of COVID-19 cases are mild or without symptoms. But there currently is no anti-viral treatment for COVID-19. Most people who become infected will be able to care for themselves at home. Like the seasonal flu, COVID-19 infection is more severe in elderly patients and those with chronic underlying health conditions. For the most updated information about COVID-19, please visit the [CDC's Share the Facts, Stop the Fear](#) page.

Triage Station Near Emergency Department

We have established a triage station near the entrance of the Emergency Department. This location will screen patients coming in for potential symptoms of COVID-19. Those accompanying patients will also be screened. Masks and hand sanitizer will be provided when appropriate. Thank you in advance for answering our brief screening questions.

Dedicated Phone Number – 307-672-1004

To help prevent the spread of infection, we are asking all patients with symptoms—fever, cough, shortness of breath—to please call us before coming in. We will triage your condition over the phone and make recommendations on next steps based on your symptoms and our current screening guidelines.

If your symptoms are mild - slight fever, cough, runny nose.

We may ask you to remain at home to recover.

Avoid going out in public, but if you must go out, be sure to use good respiratory hygiene: wash hands thoroughly or use hand sanitizer, wear a surgical mask, or cover your cough/sneeze with tissue and throw it away.

Please call us if your symptoms worsen.

If your symptoms are serious - continued fever, severe shortness of breath.

We may ask you to come in for evaluation or we may refer you to the emergency room.

Upon entering the clinic, you will be screened by our clinical staff. Thank you in advance for answering their brief screening questions. If necessary, you will be provided a mask to wear during your visit.

Infection Prevention Measures

- Stay home when you are sick
- Avoid people who are sick (6 feet rule)
- Cover your cough or sneeze with a tissue, then throw tissue in trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- CDC does not recommend facemask use for those who are well, but by those who show symptoms
- A facemask and gloves should be worn by those who are treating patients with symptoms
- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Always wash hands with soap and water if hands are visibly dirty

Should You be Tested for COVID-19?

In more than 80% of cases, symptoms are mild, do not require testing and can be self-managed at home. After you have talked to or been evaluated by your physician, testing may or may not be necessary. The decision to test for COVID-19 will be made in consultation with your physician.

Basic Treatments if You Have COVID-19

- Three basic rules:
 - warm and rest as much as possible
 - Take plenty of fluids
 - For fever, take Tylenol or Motrin in normal doses (consult label on bottle)
- For cough:
 - Humidification and drinking lots of fluids can help loosen sticky mucus
 - Non-prescription drugs designed to suppress cough can be helpful
 - If you use an inhaler, you may have to use it more often
- For sore throat:
 - Gargle with warm salt water (1/2 tsp salt in ½ glass of water)
 - Humidification of the air and lots of fluids help
- If temperature is elevated:
 - Fluids are even more important
 - Fever medicine, Tylenol or Motrin, can help control temperature
 - Persistent temperature elevation of 103-104 degrees can be a danger sign and you should call your physician
- For nausea and/or diarrhea:
 - Eat only clear liquids, soups or juices as tolerated
 - Fluids will be important to prevent dehydration

If You Have a Regular Check-up or Office Visit – Please Call Your Physician

If you have an annual check-up or office visit, please call your physician's office to check and see if there are any concerns, even if you are not showing any symptoms of COVID-19. Your provider can provide information over the phone to determine if it is necessary to continue with your appointment. We are taking every precaution in accordance with CDC guidelines to keep our patients and staff at low risk of exposure to communicable diseases.