



**At this time, there are no reported COVID-19 (Coronavirus) cases in Wyoming and the risk to our residents from the disease remains low.** Currently we believe the risk for disease is primarily among travelers to other countries. However, it is becoming likely that COVID-19 (Coronavirus) will eventually spread to our state.

There are things we do not know about COVID-19 such as how easily it spreads or how many people may experience severe illness. At this time, there is no available vaccine. However, the symptoms reported with this disease are familiar to all of us: fever, cough and shortness of breath.

**We know there are common-sense steps that can help prevent these kinds of illnesses from spreading:**

- **Avoid close contact with sick people.**
- **While sick, limit contact with others as much as possible.**
- **Stay home if sick.**
- **Cover nose and mouth when coughing or sneezing. Avoid touching eyes, nose and mouth - germs spread this way.**
- **Clean and disinfect surfaces and objects that may be contaminated with germs.**
- **Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60 percent alcohol.**
- **Practice good health habits, eat healthy, drink plenty of fluids and get enough sleep.**

**For more information:**

Updates will also be available on the Cheyenne Laramie County Health Department website at [www.laramiecounty.com](http://www.laramiecounty.com) (Department of Health) or Cheyenne Laramie County Health Department Facebook page.

Coronavirus information and updates from the Wyoming Department of Health can be found at <https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/>. If you are interested in receiving our future news releases, you can sign up here: <https://health.wyo.gov/news/>.

Wyoming residents should pay attention to special travel recommendations from the Centers for Disease Control and Prevention (CDC), which can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.