



Residents of our Local Idaho Mountain Communities:

You have no doubt by this time heard a great deal of information, advice, and concern regarding the current COVID19 worldwide pandemic.

The level of public awareness and media coverage of this viral outbreak has been unprecedented, and it is on all of our minds.

As we have been tasked with the challenge of managing this new disease, please know that we share your concerns and we are planning and preparing to manage an outbreak in our communities.

As such, we thought it would be a good time to share some essential steps we can all take to protect our friends, our loved ones and ourselves.

**CALL FIRST**, if you have a fever, dry cough or shortness of breath. We will complete a risk assessment over the phone and provide guidance on next steps, which may or may not include testing.

St. Luke's Clinics, 208-634-1776  
Cascade Family Practice, 208-382-4285, after hours 208-382-4242

**STAY HOME**, if you are sick with mild symptoms. This is the single most important thing we can do to prevent spread of this disease. Do not send your children to school sick. Do not go to work sick. Do not visit others or accept visitors when you are sick.

**GO TO THE EMERGENCY DEPARTMENT**, if you have difficulty breathing or significant shortness of breath. Please call ahead, St. Luke's McCall, 208-634-2221, Cascade Medical Center, 208-382-4242, even from the hospital parking lot, so we can provide you with a face mask before entering the hospital. It's critical that you have a mask on before you enter the hospital or clinic. Otherwise you are at risk of spreading illness to others.

**STAY HOME**. Limit any and all non-essential social engagements and gatherings. Try to maintain a six foot "personal bubble" from others. When we begin seeing increased disease activity in our communities, this is important to reduce transmission of this virus.

**PREVENT THE SPREAD**. Make sure you are washing your hands with soap and water and using alcohol-based hand sanitizer frequently. Cough and sneeze into the crook of your elbow or into a tissue. Try not to touch your mouth, eyes or face with your hands.

**PROTECT THOSE AT GREATER RISK.** This disease disproportionately effects the elderly and people with underlying chronic disease. It is up to all of us to do our part to protect those vulnerable populations by staying home.

**BE INFORMED.** This situation is fluid, and it is changing rapidly. Keep up to date with current and accurate information from Idaho Health and Welfare, Central District Health and the Center for Disease Control websites. You can access these websites at [stlukesonline.org](http://stlukesonline.org).

This outbreak will affect all our lives in the coming months, and we will all be asked to make sacrifices and changes to our daily routines and habits. Some of these changes may seem drastic or premature to you, but when it comes to disease containment with a new and unpredictable virus that we've never seen before – acting early and out of an overabundance of caution is frequently the safest and best option.

Think about your actions. Look out for one another. Be patient and stay positive. One thing is for certain, we're all in this together.

Your Unified St. Luke's McCall and Cascade Medical Staff

For information call Central District Health Department Coronavirus Hotline  
(208) 208-321-2222

Useful and informative links:

[stlukesonline.org](http://stlukesonline.org)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

<https://coronavirus.idaho.gov>

<https://cdh.idaho.gov/>