



## MONTHLY NEWSLETTER

### **FITNESS FOCUS**

#### **7 STEPS OF HAND WASHING**

The World Health Organization recommends the following 7 steps for thorough hand washing ...

**Step 1** - Wet hands, apply soap, lather ... Wet your hands with water between 35 & 45 degrees Celcius and apply enough liquid soap to create a good lather.

**Step 2** - Rub palms together in circular motions clockwise & counter-clockwise.

**Step 3** - Rub the back of one hand with the palm of the other hand, fingers interlocked. Then swap.

**Step 4** - Interlink your fingers together with palms facing each other, then rub your palms and fingers together.

**Step 5** - Cup your fingers together with your right hand over and your left hand under. With your fingers interlocked, rub the backs of them against your palms. Then swap.

**Step 6** - Clean the thumbs.

Enclose your right hand around your left thumb and rub as you rotate it, then swap.

**Step 7** - Rub Palms with Your Fingers. Rub your fingers over your left palm in a circular motion, then swap.

Rinse and dry thoroughly. Use the used paper towel or your elbow to turn off the faucet if needed.

A more complete article with a FREE poster can be read here - [The 7 Steps Of Handwashing](#)

A short instructional video of these hand washing steps can be viewed here [WHO: How To Wash Hands](#)

March 2020

### HEALTH TIP



#### **WASH YOUR HANDS. COVER YOUR COUGH.**

Flu season is here, along with the rising concerns about the new coronavirus – COVID-19 – which has begun making its way around the world. In light of this year's active virus season, here are a few tips on ways to protect yourself and your loved ones without too much interference of your daily activities ...

- Wash your hands with soap and water after using the restroom, when you handle cash and whenever you have contact with a sick person (see Fitness Focus).
- Use a credit or debit card to pay for purchases to avoid handling communal cash.
- Sanitize shopping cart handles and gym exercise equipment before use.
- Carry a personal pen and/or stylus to use in public places.
- Carry and use personal hand sanitizing solution.
- Greet others without shaking hands..
- Eat out less often by fixing food at home to minimize communal area exposures.

#### **If you are sick....**

- cover your mouth and nose when coughing and avoid touching common surfaces.
- Wear a washable bandanna or other nose / mouth covering to protect others.
- Cover your cough with your elbow, your arm, or a tissue to protect others.
- Stay home from work or school.
- Call, text or email your doctor to determine how to best manage your symptoms before scheduling an office appointment.



### DOCTOR'S NOTE

#### **KEEPING COVID-19 IN PERSPECTIVE** - By Dr. Tracy

Coverage of the novel coronavirus disease 2019 infection (COVID-19) currently dominates news and social media bandwidth. The following are some thoughts about COVID-19. There are some basic behaviors you can do to minimize exposure risk to yourself and others. First - good hand washing is the most helpful infection prevention behavior. Second - good cough hygiene is key to preventing infection spread. When sick, cough into your elbow or wear a mask if you go out in public. The use of masks is overdone when hordes of people with no symptoms are using masks. Third - phone triage is important. When you call to seek help for fever, cough, and other respiratory symptoms, be prepared to be asked travel questions, i.e. "have you or a close contact travelled recently to China, South Korea, Japan, Iran or Italy?" and "have you had any known exposure to influenza?" Since we cannot test for influenza in the office, you may be referred to the hospital where you will put on a mask and wash your hands on the way in. Fourth - if you have runny nose, cough, fever, or muscle aches, you should not go to work, school or social events until your symptoms have resolved.

A couple of key differences between influenza and COVID-19 – you are much more likely to get influenza than COVID-19. There have been 29 million documented cases of influenza in the U.S. this year. There are less than 100 cases of COVID-19 in the US as of February 29th, but that number is likely to grow. The mortality (death) rate from COVID-19 is currently thought to be 2% while the death rate from influenza infection is closer to 0.1%.

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**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**INFECTION CONTROL – 307HEALTH'S EFFORTS DOUBLED**

You may have noticed ... the cold and flu season has arrived in Powell and we are all fighting back one kind of viral infection or another it seems. The following steps are in place at our office/clinic to help protect our clients and staff.

- Providing face masks for sick persons entering the clinic.
- Providing hand sanitizing gel for members and clinic employees.
- Providing single-use pens when clients sign delivery tickets or documents by offering a “clean” and a “used” container for said pens.
- Periodically disinfecting the front reception area throughout the day.

As you visit the clinic in the patient role, please let us know if you have any suggestions on ways to improve our infection control procedures.

**COVID-19 – SHARE FACTS. STOP FEAR.**

Know the facts about the novel coronavirus 2019 and help stop the spread of rumors. Five facts from the CDC website [HERE](#).

- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
- The risk of getting COVID-19 in the U.S. is low.
- Diseases can make anyone sick regardless of their race or ethnicity.
- You can help stop COVID-19 by knowing the signs and symptoms – fever, cough, shortness of breath. Alert your doctor's office to your symptoms.
- There are simple things you can do to help keep yourself and others healthy – wash hands, avoid touching eyes, mouth, nose with dirty hands; stay home when sick; cover your mouth and nose when coughing or sneezing.



**MEMBER SERVICES FOCUS**

**PREVENT T2 PROGRAM COMES TO POWELL**

**Halt Type 2 Diabetes Now With New Class Starting March 17**

Here's an interesting statistic – one out of three American adults has pre-diabetes! This means they are likely to develop the sugar-regulating disorder known as diabetes at some point in their lifetime.

Even without having diabetes, the pre-diabetic person may experience symptoms that accompany insulin-resistance and metabolic syndrome such as fatigue, high blood pressure, high cholesterol and triglycerides, and excess body-weight around the middle. This cluster of symptoms increases risk for not only diabetes, but also for heart disease and stroke. However, there is hope and help - individuals can make practical lifestyle changes that decrease risk levels!

To help motivated persons in their efforts toward better health, the **Prevent T2 Program** is a year-long education and support program developed by U.S. Preventive Medicine [HERE](#) and is a recognized lifestyle change program by the U.S. Centers for Disease Control [HERE](#). The PVHC-hosted grant-funded program is only \$75 for a whole year of education and support in hour-long sessions on Tuesday evenings and is covered in full for Medicaid recipients.

**Prevent T2 Program** participants have seen a 5% to 7% reduction in body weight by learning how to improve food choices and increasing activity levels through simple lifestyle changes. They report better stress management and find ways to make lasting health improvements.

**Want more information? Stop by our office, text your doctor, or call Tina @ 754-2267 x3604 at Powell Hospital.**

**COVID-19  
Novel Coronavirus 2019**

**BEWARE – CORONAVIRUS EMAIL & TEXT SCAMS**

Our cyber-security service provider reports, “As the coronavirus threat continues to grow across the earth, infecting thousands of people, malware is seeking to take advantage of people's fears. [It is reported that] criminals are sending emails to persuade victims to open malicious attachments by offering information relating to the outbreak of the lethal virus. Cyber criminals have sent emails which were disguised as official notifications from disability welfare service providers and public health centers. These emails claimed to provide details on the preventive measures against the virus, in order to entice potential victims to open malicious email attachments.”

And this, ... “Besides the email phishing attacks related to the outbreak of the coronavirus,... there have been smishing texts sent. The attackers play on people's fears and text offers for free masks or pretend to be companies communicating generic delivery delays due to the current situation. Malicious actors attempt to acquire personal information such as passwords and other sensitive details by masquerading as a trustworthy entity via different attack vectors like SMS or email.”

These alerts are a good reminder - only open emails or reply to texts from known and trusted senders.

**TRUSTED RESOURCES**

Like you, your doctors are looking for the best sources to monitor the updates and news around COVID-19 ... and attempting to stay alert on ways to prepare for and prevent the spread of the virus. Here are the sources we use to follow COVID-19 developments and advice.

1. WHO (World Health Organization) Website [HERE](#)
2. CDC (US Centers For Disease Control) Website [HERE](#)
3. WYDOH (Wyoming Department of Health) Website [HERE](#)
4. Park County Public Health Hotline for questions or concerns about COVID-19 – 307-527-1870.