



MONTHLY NEWSLETTER

June 2020

FITNESS FOCUS

COVID UPDATE

SURFACE CONTAMINATION AND CLEANING

This spring much was unknown about the new coronavirus SARS-CoV-2. As researchers continue to share their findings, more is known about the virus' surface spread.

The Center For Disease Control and Prevention (CDC) **HERE** has downgraded the role that surfaces may play in the spread of the COVID-19 virus from “spreads easily” to “possible” spread. Likewise, the CDC states that surfaces are “not thought to be the main way the virus spreads”.

You may ask, “Why the change?” Even though we have seen on the news that the virus can live on plastic or cardboard for X number of hours or days, we are learning the presence of virus on a surface does not equate to how contagious the virus may be on that surface. Some possible reasons for this low transmission rate - maybe the virus weakens or dies prior to moving from a surface to a host's face; maybe fingers do not pick up enough virus from a touched surface to transmit the virus into a host's eyes, nose, or mouth to cause an infection.

Whatever the reason, the good news is that we are not likely to be exposed or infected by uncommon surfaces such as mail, packages, and groceries. That said, we should continue to regularly clean common surfaces like door handles, faucets, etc. and, of course, **frequently wash and sanitize our hands.**

HEALTH TIP



COVID UPDATE – WHY THE 6-FOOT PHYSICAL / SOCIAL DISTANCE?

Many people ask why a 6-foot distance is needed for COVID-19 protection and how a cloth mask can stop a microscopic virus particle from spreading. In medicine, we delineate respiratory particle sizes based on those that are large enough that gravity will act upon them (respiratory droplets) versus particle sizes that are so small that simple air movement could counteract gravity and waft that particle about in the air for a large distance (aerosolized nuclei or aerosols).

With these ideas in mind, we share this World Health Organization article **HERE** which outlines that the COVID-19 virus appears to spread in respiratory DROPLETS (spittle coming out of the mouth during coughing, sneezing, singing, even talking). The article explains that these droplets fall to the ground due to the pull of gravity usually within 3 feet and the vast majority within 6 feet, thus giving us the 6 foot safety distance. Because the virus must come into contact with respiratory mucosa (mouth, nose, and eyes), virus transmission can easily occur when standing only 2-3 feet away from another person when infected spittle droplets are sent toward a nearby person's eyes, nose, or mouth.

The COVID-19 virus does not appear to travel as an AEROSOLIZED nuclei. There was a social media video showing a person coughing in one lane of a grocery store with their infectious matter spreading to nearby aisles. This type of spread would be applicable to an AEROSOLIZED nuclei virus like tuberculosis but not SARS-CoV-2.



DOCTOR'S NOTE

COVID UPDATE – CLOTH FACE COVERINGS

By Dr. Bartholomew

In this newsletter, we present several updates and clarifications to help you make informed decisions on how you may choose to operate in this “pre-vaccine” era.

In this section – the Doctor's Note - we talk about the topic of face coverings. Who ever would have thought that a country could become divided by a symbol as simple as a face mask? But, that is a discussion for another day. For now, let us use science to come to a reasonable understanding of COVID-19 spread and the utility of face coverings.

So, let us talk about the face mask. Cloth masks meant for community use are advised by the Centers For Disease Control and Prevention (CDC) to be worn when an individual may come within six feet of another person.

Why? If I am carrying the COVID-19 virus in my system before symptoms appear (which can range 2 to 14 days from the time I am exposed to the time I become ill) I could easily cough, sneeze, or talk/sing loudly and expel that spittle (droplets) containing virus towards you. But, if I am wearing a mask when I cough, sneeze, talk, or sing, the mask will drastically cut down on the spittle (droplets) coming in a forceful straight line out of my mouth towards your face. It is simple physics. A mask-wearer's droplets will either travel straight into the mask or could be expelled out the top, sides, and/or bottom of the mask. but gravity should cause the droplets to fall in an arc toward the ground instead of traveling in that straight line toward your face.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

CLINIC OPERATIONS UPDATE

Beginning June 3, staffing patterns at 307Health will return to our more usual schedule as we continue our re-entry into a post-COVID norm. Here are the infection prevention measures you can expect this month ...

Office Appointments

- Check-in upon arrival by calling 764-3721 for instructions.
- Provision of a complimentary cloth face covering or surgical mask to wear at your appointment if you are not already wearing a face covering.
- Your temperature will be checked upon building entry.
- Staff members will each be wearing a surgical mask.

Prescriptions

- Mail or curbside delivery of prescriptions is still preferred – please call 764-3721 when you arrive and we will bring your script to you.

Building

- A monitored drop box will continue to be provided in the vestibule for “contactless” receipt of payments and reports.
- A two-way speaker will continue to operate in the vestibule for clinic visitors.
- Building access may be restricted during office hours. Please speak into the monitor or call 764-3721 if the door is locked when you arrive.
- The waiting room is closed to visitors.

TELEHEALTH VISITS GAIN POPULARITY

We like talking to you. The convenience of the patient-physician appointment over phone or video-call or text, a.k.a. telehealth, continues to grow in popularity. To learn more about telehealth, watch [HERE](#) and read [HERE](#).



MEMBER SERVICES FOCUS

ROUTINE CARE IS IMPORTANT TO MAINTAIN

The disruption of our patterns of everyday life and ongoing concerns has affected us all. As you re-establish your routines in a way that adapts to a pre-vaccine COVID society, we encourage you to remember the following ...

- All patients with chronic conditions are encouraged to check-in with their provider to reschedule any canceled maintenance appointments. These conditions include diabetes, heart disease, and other specific medical conditions requiring periodic follow-up by your doctor.
- Pediatric patients are encouraged to resume their regular well-child and vaccination schedules.
- Sports physicals can resume.
- DOT-certification physicals can resume.

MEMBER AGREEMENT UPDATE

As 307Health completes its fifth year in business, the Patient Agreement to which each member consents when joining 307Health is being updated. In the next couple of weeks, you will have received a notice in your email - or by mail for those without email – explaining the changes to this document. These changes will go into effect on August 1, 2020.

The changes clarify specifics about patient-physician text and email communications, clarify the services offered by 307Health, and remove the need for physical signatures. The new document “307Health Terms And Conditions” will replace the 307Health Patient Agreement in its entirety on August 1, 2020.

Be sure to read over the changes and reach out to us with any questions before August 1, 2020. Thank you for choosing 307Health!

COVID INFORMATION RESOURCES

FINDING THE FACTS

ABOUT CORONAVIRUS

The following list contains the sources we have found to provide factual and up-to-date information about SARS-CoV-2 “coronavirus” and about recommendations on how to navigate everyday life in this pandemic. Each source has a website and/or Facebook page.

Park County Health Department

for information on local health-related programs and resources to help our community.

Park County Wyoming Health Officer

- Facebook Page only - for the most current public health orders, periodic updates on local COVID-19 infection statistics, evidence-based information about SARS-CoV-2 and COVID-19, and state & local health officials' mitigation efforts.

Wyoming Department of Health

for periodic updates on virus activity in the state and efforts to stem the spread of the virus.

Governor Mark Gordon for updates on the state's efforts to address the virus and its various impacts – especially on the state's economy and businesses. Through his website, you can easily register for text alerts for state-wide announcements and updates.

The Centers For Disease Control and Prevention (CDC) for the latest public health information and useful educational materials for individuals, businesses, and group gatherings.

The National Institute of Allergy and Infectious Diseases for the latest in SARS-Cov-2 and COVID-19 research efforts.

Virus information is dynamic and rapidly changing. We invite you to join us in exploring and learning from these original source entities.