

June 10, 2020

CATEGORY: Letter to the Community

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REGARDING: COVID-19 What You Do Matters

What You Do Matters

As we move into Phase 3 of the phased reopening of businesses, people are moving more freely. We must balance our destination choices, mode of travel, and interactions along the way.

“Vacation” has much more meaning to all of us as we anxiously anticipate getting out of our homes, visiting family or friends, and even seeing some sights we may not have seen before. However, we cannot take a vacation from COVID-19! In taking a much-needed trip to decompress from a very stressful time, COVID-19 is not taking a break, unfortunately.

We can still enjoy most all the activities a trip has to offer **AND** still take appropriate precautions to prevent getting or giving COVID-19 while away from home.

- Good handwashing or use of hand sanitizer before and after shopping, getting gas, or handling objects that most likely others have touched as well.
- Social distancing as much as possible is important.
- Avoid attending events or gatherings that are crowded and social distancing is not being respected.
- Consider visiting landmarks early or later in the day when crowds are smaller.
- Wear a cloth face covering when in public. The purpose of the mask is to protect others from us if we have COVID-19 and don't know it. The face covering also keeps us from potentially touching our mouth or face and getting COVID-19.

Decisions made while on vacation make a big difference as you return to work. If you have taken a “vacation” from necessary precautions to prevent getting COVID-19, you are placing others at risk when you resume your normal activities at home and work, especially if you have traveled to an area with a high number of COVID-19 cases.

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Now is the time to be even more diligent following the “non-pharmaceutical interventions (NPI)” – stay home if you are sick, good handwashing, social distancing at least 6 feet, and wear a cloth face covering at work or in public.

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Know Before you Go- If you do decide to take that much-needed trip during this very stressful time, do some research before you go. Here are some helpful links to see what states and counties are seeing high infection rates or have travel restrictions in place.

- **CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
- **Idaho:**
https://public.tableau.com/profile/idaho.division.of.public.health#!/vizhome/DPHIdahoCOVID-19Dashboard_V2/Story1
<https://visitidaho.org/covid-19-travel-alert/>
- **Montana:**
<https://montana.maps.arcgis.com/apps/MapSeries/index.html?appid=7c34f3412536439491adc2103421d4b>
<https://www.visitmt.com/travel-alerts.html>
- **Oregon Health Authority:** <https://govstatus.egov.com/OR-OHA-COVID-19>
<https://traveloregon.com/travel-alerts/>
- **Washington State Department of Health:**
<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/DataDashboard>
<https://www.experiencewa.com/articles/date-coronavirus-travel-advisory>