



# Southeastern Idaho Public Health

For Immediate Release  
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## **COVID-19 Case Identified in Bear Lake County**

Southeastern Idaho Public Health has confirmed a case of COVID-19 in Bear Lake County. This brings the total to 187 cases in southeastern Idaho.

The patient is a female under the age of 18 from Bear Lake County. She is home recovering. Case is travel related.

Home recovering means that the patient is currently at home recovering; it does not imply that their symptoms are mild. These individuals, at the time they receive their test results, are not ill enough to be admitted to the hospital. Every case is different and severity of symptoms has varied. In addition, symptoms can change and become severe rapidly.

SIPH will continue to monitor the situation closely and is working with the Idaho Department of Health and Welfare, city and county leaders, schools, emergency management, healthcare providers, and our community at large to help prevent the spread of this virus.

Prevention methods include:

- Follow Governor Little's Statewide Stay-Healthy Idaho Order at [rebound.idaho.gov](http://rebound.idaho.gov).
- Stay home if you are sick.
- Avoid people who are sick.
- Practice social distancing (6ft).
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear cloth face coverings in public places.
- Cleaning and disinfecting surfaces and objects that may be contaminated with germs using a disinfecting solution.

If you believe you have been exposed, make sure to self-isolate. If you need medical attention, please call your healthcare provider in advance of a visit to discuss your symptoms and next steps. Testing is available by calling 208-234-5875.

SIPH has a call center to field questions from the community and is open Monday-Friday 9:00 a.m. to 4:30 p.m. You can reach the hotline at (208) 234-5875.

For southeast Idaho specific information about the novel coronavirus, please visit <https://siphidaho.org/coronavirus.php>.

For Idaho-specific information about the novel coronavirus, please visit <https://coronavirus.idaho.gov/>.

Join us Monday-Friday at 11 am for Facebook Live at <https://facebook.com/siphidaho>.

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