

# 犹他新冠病毒疫情简要日报汇总（一）

2020年3月07日 - 2020年3月20日

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# 这是每天 COVID-19 感染的情况

## ! 第1至3天

1. 症状几乎等于感冒。
  2. 喉咙轻微疼痛。
  3. 不发烧，不疲倦。
- 您仍然可以正常饮食。

## ! 第四天

1. 喉咙有点痛，身体疼痛。
2. 发出嘶哑的声音。
3. 体温约为  $36.5^{\circ}\text{C}$ 。
4. 开始影响饮食习惯。
5. 轻微头痛。
6. 轻微腹泻或消化系统问题。

## ! 第五天

1. 喉咙痛，声音嘶哑。
2. 轻微发烧，温度介于  $36.5 - 36.7^{\circ}\text{C}$ 。
3. 身体虚弱，关节疼痛。

## ! 第六天

1. 轻微发烧，在  $37^{\circ}\text{C}$  左右。
2. 咳嗽伴有粘液或干咳。
3. 进食，说话或吞咽时喉咙痛。
4. 疲劳，恶心。
5. 偶尔呼吸困难。
6. 手指疼痛。
7. 腹泻，并会呕吐。

## ! 请大家注意 !

## ! 第七天

1. 发烧更高，介于  $37.4 - 37.8^{\circ}\text{C}$ 。
2. 咳嗽多，有痰。
3. 身体和头痛。
4. 腹泻加重。
5. 呕吐。

## ! 第八天

1. 发烧，介于  $38^{\circ}\text{C}$  或  $38^{\circ}\text{C}$  以上。
2. 呼吸困难，每次呼吸时感觉胸部沉重。
3. 持续咳嗽。
4. 头痛，关节痛和臀部痛。

## ! 第九天

1. 症状不会改变，但会恶化。
2. 发烧加重。
3. 咳嗽持续，而会比之前更严重。
4. 呼吸困难，您必须努力呼吸。

此时，需要进行血液检查和肺部X射线检查!!!



creative by FianTan

## I. 犹他新冠病毒疫情简要日报 (3/7-20)

2020年3月20日

美国 - 确诊新冠病毒病例: 19,622(+5,816), 死亡: 261(+58), 治愈: 147(+39)。

犹他州 UDOH 今天中午公布的确诊新冠病毒病例 112 (+34) 例。其中犹他居民 102 位 (+34): Salt Lake 44 (+15), Summit 28 (+9), Davis 12 (+6), Weber-Morgan 6 (+2), Wasatch 4 (+1), Bear River 3, Utah 2, Tooele 2 (+1), Southwest Utah 1; 外州游客 10 位 (Summit 7 位, Utah 1 位, Salt Lake 2 位)。

2020年3月19日

美国 - 确诊新冠病毒病例: 13,806(+4,573), 死亡: 203(+55), 治愈: 108(+2)。

犹他州 UDOH 今天中午公布的确诊新冠病毒病例 78(+15)例。其中犹他居民 68 位 (+15): Salt Lake 29 (+7), Summit 19(+4), Davis 6, Weber-Morgan 4, Wasatch 3(+1), Bear River 3(+2), Utah 2(+1), Tooele 1, Southwest Utah 1; 外州游客 10 位 (Summit 7 位, Utah 1 位, Salk Lake 2 位)。

2020年3月18日

美国 - 确诊新冠病毒病例: 9233(+2812), 死亡: 148(+40), 治愈: 106。至今美国 50 个州均已出现新冠肺炎病例。

犹他州 UDOH 今天中午公布的确诊新冠病毒病例 63(+12)例。其中外州游客 10 位 (Summit 7 位, Utah1 位, Salk Lake County 2 位), 犹他居民 53 位 (+12): Utah 1(+1), Bear River 1, Wasatch 2, Tooele 1, southwest Utah 1, Summit 15(+7), Salt Lake 22 (+2, 含两位爵士队员), Weber-Morgan 4, Davis 6(+2)。

2020年3月17日

美国 - 确诊新冠病毒病例: 6421(+1709), 死亡: 108(+17), 治愈: 106(+32)。至今美国 50 个州均已出现新冠肺炎病例。

犹他州 UDOH 今天中午确认的确诊新冠病毒病例 51(+12)例。其中外州游客 10 位 (Summit 7 位, Utah1 位, Salk Lake County 2 位), 犹他居民 41 位 (+12): Bear River 1(+1), Wasatch 2(+1), Toole 1, southwest Utah 1, Summit 8(+4), Salt Lake 20 (+4, 含两位爵士队员), Weber-Morgan 4(+2), Davis 4。

2020年3月16日

美国 - 确诊新冠病毒病例: 4712(+993), 死亡: 91(+23), 治愈: 74(+1)。

犹他州 UDOH 今天中午确认的犹他居民确诊新冠病毒病例 29 位 (+8): Wasatch 1(+1), Toole 1(+1), southwest Utah 1, Summit 4(+2), Salt Lake 16 (+2, 含两位爵士队员), Weber-Morgan 2(+1), Davis 4(+1); 另有 10 位确诊的外州游客 (Summit 7 位, Utah1 位, Salk Lake County 2 位) 未计为犹他的病例。

2020年3月15日

美国 - 确诊新冠病毒病例: 3719(+776), 死亡: 68(+11), 治愈: 73(+17)。

犹他州 UDOH 确认的犹他居民确诊新冠病毒病例 21 位 (+14): southwest Utah 1(+1), Summit 2, Salt Lake 14 (+2+9, 含两位爵士队员), Weber-Morgan 1, Davis 3(+2); 另有 7 位确诊的 (Summit6 位, Utah1 位) 外州游客未计为犹他的病例。新增病例包括周五晚 Salt Lake County 两位, 周六夜和周日公布的 Davis County 两位和 Salt Lake County 九位。其中有 3 个 18 岁以下少年儿童。公布信息的有: 一位春假后从外州回来的犹他大学研究生, 一位在 Colorado 参加会议回来的 Herriman (southwestern Salt Lake) 居民, West Valley 的 Hunter High School 一名高中生, Magana/Kearns 的 Entheos Academy 一位学生。

2020年3月14日

美国 - 确诊新冠病毒病例: 2943(+692), 死亡: 57(+9), 治愈: 56(+15)。

犹他州 UDOH 确认的犹他居民确诊新冠病毒病例: 7 位 (+1): Summit 2 (+1), Salt Lake 3, Weber-Morgan 1, Davis 1; 另有三位外州游客未计为犹他的病例。新增病例为 Summit County the Spur Bar

and Grill 的雇员，是本州第一例社区传染的新冠病例。州卫生厅正式宣布新冠病毒在犹他的社区中传播起来了。

#### 2020 年 3 月 13 日

美国 - 确诊新冠病毒病例: 2251(+554), 死亡: 48(+7), 治愈: 41(+11)。

犹他州 - 确诊新冠病毒病例: 6 位 (+1): Salt Lake 1 (+1), Jazz 2, Summit 1 (另有三位外州游客未计在内), Weber-Morgan 1, Davis 1。

#### 2020 年 3 月 12 日

美国 - 确诊新冠病毒病例: 1697 (+376), 死亡: 41(+3), 治愈: 30(+15)。

犹他州 - 确诊新冠病毒病例: 5 位 (+2)。两名 Utah Jazz 队员昨晚确诊为新冠病例。所有 Jazz 队员和工作人员接受了监测。卫生部门正在根据 3/9 晚在 Vivint 体育馆比赛的录像, 追踪并监测同两位确诊队员在 6 英尺内有超过 15 分钟密切接触的人员。

#### 2020 年 3 月 11 日

美国 - 确诊新冠病毒病例: 1321 (+302), 死亡: 38 (+8), 治愈: 15。

犹他州 - 确诊新冠病毒病例: 3 位 (+1)。第三位新冠病人为男性、60 岁以下、住在 Summit County (Park City 地区), 现居家隔离。曾去欧洲旅行, 同确诊病人有密切接触。卫生官员在追踪监测同其有密切接触的人员。

#### 2020 年 3 月 10 日

美国 - 确诊新冠病毒病例: 1019(+298), 死亡: 30(+4), 治愈: 15(+7)。

犹他州 - 上周确诊的首例新冠病毒系住在 Davis County 的居民。他于 2/22 前往 Provo 观看了 BYU 校队的篮球比赛。据新闻报道, 坐在离该病人 6 英尺以内的亲密接触者都已被追踪并通知到, 总共不超过 20 人。因为时间已经过去两周, 一同观看比赛的观众当天被感染的危险低。

#### 2020 年 3 月 9 日

美国 - 确诊新冠病毒病例: 721(+155), 死亡: 26(+5), 治愈: 8。

犹他州 - 确诊新冠病毒病例 1 位, Davis County 居民。Utah County 卫生署通知 BYU: 此新冠病人出席观看了 BYU 在 2/22 的篮球赛。卫生官员正在把暴露风险通知与此人方圆 6 英尺距离内的观众。

#### 2020 年 3 月 8 日

美国 确诊新冠病毒病例: 566 (+110), 死亡: 21 (+2), 治愈: 8。

犹他州 确诊新冠病毒病例: 1 位, Davis County 居民。公共卫生正在进行流行病追踪调查该病人过去同其他人的接触。

#### 2020 年 3 月 7 日

截止晚上 23:00, 美国确诊新冠病毒病例 459, 死亡 19, 治愈 8。

犹他州首例确诊, 一位 60 岁以上的 Davis 郡男性居民, 从至尊公主号游轮回来。他已经在家中隔离。

## II. COVID 科普和防护

1. 防止因触碰沾染病毒的办法：1) 开门：用髀、臀、背推开不带锁的门；用肘碰触供残疾人使用的自动门开关；兜里揣些一次性纸巾或手套，用于包裹门把手开门， 2) 购物、加油、取信件：戴上一次性手套，使用后丢弃，信件消毒处理后再打开。
2. 不要无保护地接触：加油站的油枪、公用门把手、电梯按钮、购物车把、邮箱等共用处，这些表面都有可能被新冠病毒污染。所用的消毒纸或手套也不要乱扔。
3. 很多商家，如 Dollar General/whole food/Target/stop & shop/Smith's 把早上开门后的第一小时，专门留给老人和残障人士，让他们在购物时可保持距离。他们大多不会网购，出门将面临较大感染风险。
4. 危机时期加倍注意人身安全：偷和抢增多，上下车要注意，邻居守望相助，不给陌生人开门（市府、水電局、快遞人員不會叩門的），有危險打 911。
5. 犹他大学医院和 Intermountain 宣布：1) 非急救、緊急和限時的手術，均會被重新安排時間；2) 一般門診也將被重新安排時間。
6. CDC 提供的新冠自我检测流程：[https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19\\_CAREKit\\_ENG.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19_CAREKit_ENG.pdf).
7. 全美大学校园疫情实时动态：<https://www.wholeren.com/coronavirus-update/>
8. 中国国家中医药管理局新型冠状病毒肺炎诊疗方案（试行第七版）中医方案部分（中英对照）<http://ghs.satcm.gov.cn/gongzuodongtai/2020-03-20/14089.html> 注意：此中医药方案并没有在美国得到批准，並且目前没有任何被 FDA 正式批准的治疗新冠病毒肺炎的药物。如你有了新冠病毒感染症状，请立即给医疗系统打电话。

## III. 政府救助和救助法案更新

1. 联邦紧急措施署发布不实信息监控网站 <https://www.fema.gov/coronavirus-rumor-control>
2. 如果因 COVID-19 失业并失去医保，在你登记失业福利时，请询问工作人员你是否能加入 Medicaid（收入标准是：单身年收入少于 \$17,236；四口之家少于 \$35,535）<https://medicaid.utah.gov>
3. 驾照：交通安全检查机构(TSA)宣布：如果驾照在 3 月 1 日或之后过期了，又无法更新，仍可在 TSA 检查点使用该过期驾照作为身份证明。此政策将于国家紧急状态期结束后的第 60 天终止。
4. 犹他州教育委员会周四宣布，今年暂停学生评估，还将免除 180 天学年的要求。
5. 本州新冠病毒热线电话：1-800-456-7707, 1-844-442-5224。CDC 网页 <https://www.cdc.gov/coronavirus/2019-ncov/index.html>。Utah 新冠病毒工作组网页 <https://coronavirus.utah.gov/>。在美中国公民疫情防范网页 <http://www.china-embassy.org/chn/lszj/zytz/t1753899.htm>
6. 川普签署了国会通过的《新冠病毒救济法案》，包括免费检测，有限延长家庭和医疗休假及紧急病假，失业救济，食品补助和对医务人员的保护条例。
7. FDA 正在采取措施加快批准正在临床试验阶段的治疗新冠肺炎的药物：氯喹（the antimalarial hydroxychloroquine）和人民的希望（Gilead's remdesivir）。FDA 已批准这两种药物为“同情用药”（“compassionate uses”），病人同意后，可以用于治疗新冠病人。

8. 响应州里号召，Smith's 超市首先宣布从明天起将周一、三、五早上 7 点至 8 点设为老年人/Seniors 购物专用时间。很多超市商店调整了开店时间，设立老年人/Seniors 购物专用时间，和加长店内消毒时间。
9. 世界卫生组织建议避免使用 Ibuprofen/Advil，因为 Ibuprofen/Advil 可能诱导人体细胞上病毒受体表达的增加。另有 UCSF 药剂师推荐的新冠患者救治要点: (a) 要化痰，不要止咳。化痰药: Mucinex。单一成分最好。成分是 guaifenesin(expectorant)。千万不要吃压咳药 Rubitussin (成分是 Dextromethorphan)。 (b) 退烧药只能用 Acetaminophen (Tylenol)，但注意不能过量！必须严遵医嘱！ (c) 腹泻: 腹泻是人体排毒，不要阻止排毒，但是可以吃让胃产生保护膜的 Peptones Bismol (粉色)，不要吃止腹泻药 Imodium! 如果腹泻要吃电解质。Gatorade 要慢慢喝，每 15 分钟 0.5-1 ounce，糖尿病喝 Gatorade Zero，孩子喝 Pedialyte。
10. 截至三月十七号，犹他州近 900 人测试了 COVID-19，约 5.5%呈阳性。目前犹他现有的 COVID-19 试剂盒尚不能满足所有想测试人的需求，只能给有症状或有暴露的人测试。州首席流行病学家 Dr. Dunn 指出，犹他仍在疫情爆发的初期阶段，犹他病例还会增加，大家务必做好防护。因 COVID-19 失去工作者可去 Utah Department of Workforce Services 网站登记 <https://jobs.utah.gov/covid19/index.html>。
11. 白宫呼吁青少年帮助防止疫情扩散，不要外出聚会。集会不超过 10 人。政府将允许美国人将最多 100 万美元要支付到美国国税局 (IRS) 的税款推迟 90 天。国税局不会对报税延期收取利息或罚款。企业最多可以推迟 1 千万美元的 IRS 税款。
12. 盐湖城管控加强，从今天晚上 11 点开始，取消所有餐厅的堂食服务。其他选项，比如外带、外卖、drive-thru、送餐、路边摊和 food truck 依旧被许可。犹他东部三郡 (Vernal 地区) 卫生署告诫居民不要出郡旅行，目前该区尚无确诊病例。
13. 联邦新措施: 同英国和爱尔兰的航班周一午夜开始禁飞 (不包括美国公民和绿卡人员)。主要游轮公司停航 30 天。Tax credits for 雇主让患新冠病的雇员带薪休息两周。护理院(Nursing Homes)不许探视，全部医护人员接受检测。
14. 盐湖城本地的华人肺科和危重医学专家彭伟医生建议: 受新冠病毒感染的病人，不要紧张，第一周症状一般不太明显，第二个星期有的病人病情可能会加重，要引起足够的重视。经医生确诊后如果病情严重会收住医院。如果病情不严重一般在家里自我隔离，医治，但要和自己的家庭医生保持联系。出现呼吸困难时，必须尽快去医院。病情加重的最主要原因之一就是继发细菌感染所以大家要注意口腔卫生避免任何感染。

## IV. 犹他州新冠检测和隔离指导

1. 截至三月二十号，犹他大学 Healthcare 已建立了 4 个 Drive-up 帐篷诊所，并开始筛查，测试和检查 COVID-19 患者。
2. Intermountain 推出新的在线 App，它将帮助用户确定他们是否感染了 COVID-19。该 App 显示在 Intermountain 网站 <https://intermountainhealthcare.org> 底部的横幅中; 单击名为“Scout”的漫游器会引导用户解决一系列问题。

## V. 致中小企业主

如果您是中小企业主，并遇到资金困难，可以在 <https://coronavirus.utah.gov/business/> 网站寻求政府帮助和贷款。其中盐湖城紧急贷款项目会提供上限两万美元的无息贷款。

## VI. 社区互助指导

1. 有意捐款或做志愿者的，可去犹他州政府新冠疫情工作组的网站 <https://coronavirus.utah.gov/help/>，挑选你愿意捐赠或做义工的领域。
2. 州 COVID-19 工作组推荐社区筹款: The United Way of Salt Lake 正在筹集捐款以帮助受 COVID-19 停课和失业影响最大的儿童和家庭。 <https://uw.org/>
3. 捐物: 州医疗急救局设有专人负责收放捐赠的医疗物资, 包括医用口罩, 捐赠者可联系 Mr. Roger Edwards, EMS Investigator, BEMSP/UDOH, Office: (385) 831-4928; Fax: (801) 536-0959; Email: rgedwards@utah.gov
4. 在三月十八日, 6pm PBS Utah COVID-19 论坛, 发言人指出需要志愿者帮助的组织有: Meals on Wheels (给老人和残疾人送饭的社会福利项目), 照看孩子和有需求的邻居, 医疗机构 (因医疗人员生病) 等。

## VII. 犹他华人社区的倡议

1. 抗击新型冠状病毒(COVID-19)疫情【致犹他州社区、各界朋友倡议书】: <http://castut.org/covid-19/proposal.pdf> (欢迎更多华人社团、其他社区组织加入倡议行动, 共渡时艰!)
2. 犹他 15 个华人社团联合发布致犹他州社区和各界朋友的抗疫行动倡议书 <http://castut.org/?p=1632>

## VIII. 关于我们

【犹他新冠病毒疫情简要日报】由华人社区防护协调小组发布。该小组由犹他华人社区一群志愿服务者临时自发组成, 目的是协调新冠病毒疫情的有关活动和信息。本简报将每天晚上汇集并分享和华人社区最紧密的疫情消息, 欢迎各界人士的支持和指正。

### 官方信息网页

- 本州新冠病毒热线电话: 1-800-456-7707, 1-844-442-5224
- CDC 网页 <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Utah 新冠病毒工作组网页 <https://coronavirus.utah.gov/>
- 在美中国公民疫情防范网页 <http://www.china-embassy.org/chn/lszi/zytz/t1753899.htm>

===地震和疫情期安全措施:自我隔离、社交疏远、平静面对、远程工作和病症咨询===

# Summary of COVID-19 Briefing in Utah (Part I)

Mar 07, 2020 – Mar 20, 2020

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# I. Daily Updates of COVID19 Cases

**Mar 20, 2020**

U.S. Confirmed Cases. Total cases(new) 19,622(5816); cumulative(new) deaths: 261(58); recovered(new) cases: 147(38)

Utah Confirmed Cases: 112 (+34). Residents 102 (+34) : Salt Lake 44 (+15) , Summit 28(+9), Davis 12(+6), Weber-Morgan 6(+2), Wasatch 4(+1), Bear River 3, Utah 2, Tooele 2(+1), Southwest Utah 1; Visitors 10 (Summit 7, Utah 1, Salk Lake 2).

**Mar 19, 2020**

U.S. Confirmed Cases: 13,806(+4,573), Deaths: 203(+154), Recovered: 108(+2).

Utah Confirmed Cases: 78(+15). Residents 68 (+15): Salt Lake 29 (+7), Summit 19(+4), Davis 6, Weber-Morgan 4, Wasatch 3(+1), Bear River 3(+2), Utah 2(+1), Tooele 1, southwest Utah 1; Visitors 10 (Summit 7, Utah 1, Salk Lake 2).

**Mar 18, 2020**

U.S. Confirmed Cases: 9233(+2812), Deaths: 148(+40), Recovered: 106.

Utah Confirmed Cases: 63(+12). Visitors (Summit 7, Utah 1, Salk Lake 2), Residents 53 (+12): Utah 1(+1), Bear River 1, Wasatch 2, Tooele 1, southwest Utah 1, Summit 15(+7), Salt Lake 22 (+2, Jazz players included), Weber-Morgan 4, Davis 6(+2).

**Mar 17, 2020**

U.S. Confirmed Cases: 6421(1709); Deaths: 108(17); Recovered: 106(32)

Utah Confirmed Cases: 51(+12). Ten tourists(7 in Summit, 1 in Utah county and 2 in Salt Lake County). 41 residents (+12), Bear River 1(+1), Wasatch 2(+1), Toole 1, southwest Utah 1, Summit 8(+4), Salt Lake 20 (+4, and 2 Utah Jazz players), Weber-Morgan 4(+2), Davis 4.

**Mar 16, 2020**

U.S. Confirmed Cases: Total cases(new): 4712(993); cumulative(new) deaths: 91(23); recovered(new) cases: 74(1)

Utah Confirmed Cases: 29(+8). Wasatch 1(+1), Toole 1(+1), southwest Utah 1, Summit 4(+2), Salt Lake 16 (+2, two Utah Jazz player), Weber-Morgan 2(+1), Davis 4(+1); 10 tourists( Summit County7, Utah County 1, Salk Lake County 2) and not included in the total confirmed cases in Utah.

**Mar 15, 2020**

U.S. Confirmed Cases: Total cases(new): 3719(776); cumulative(new) deaths: 68(11); recovered(new) cases: 73(17)

Utah Confirmed Cases: 21(14): southwest Utah 1(+1), Summit 2, Salt Lake 14 (+11), Weber-Morgan 1, Davis 3(+2); 7 tourists from other state(Summit 6, Utah County 1) and not include in confirmed cases in Utah. New cases include the two reported on Friday night in Salt Lake County, the two in Davis Country (confirmed on Saturday night and Sunday). Additionally, one student of UU travelled

from another state and a conference attendee in Colorado (resident of southwestern Sale Lake). One high-school student from Hunter High in West Valle. One student from Entheos Academy.

#### **Mar 14, 2020**

U.S. Confirmed Cases: Total cases(new): 2943(692); cumulative(new) deaths: 57(9); recovered(new) cases: 56(15).

Utah Confirmed Cases: 7 (+1). Summit 2 (+1), Salt Lake 3, Weber-Morgan 1, Davis 1. Three tourist confirmed cases. One of the confirmed cases is the employee of Summit County the Spur Bar and Grill, which is also the first confirmed community spread in Utah.

#### **Mar 13, 2020**

U.S. Confirmed Cases: Total cases(new): 2251(554); cumulative(new) deaths: 48(7); recovered(new) cases: 41(11).

Utah Confirmed Cases: Salt Lake 1 (+1), Jazz 2, Summit 1(not including tourists for other states), Salt Lake 1 (+1), Jazz 2, Summit 1.

#### **Mar 12, 2020**

U.S. Confirmed Cases: Total cases(new): 1697 (376); cumulative(new) deaths: 41(3); recovered(new) cases: 30(15).

Utah Confirmed Cases: 5(2), Two Jazz players tested for positive.

#### **Mar 11, 2020**

U.S. Confirmed Cases: Total cases(new): 1321 (302); cumulative(new) deaths: 38(8); recovered(new) cases: 15.

Utah Confirmed Cases: 3(1), The third case is a resident in Summit County and traveled to Europe recently. The WHO declared the COVID19 to be pandemic on the day and Trump suspended the travel between European countries for 30 days.

#### **Mar 10, 2020**

U.S. Confirmed Cases 1019(+298), Deaths: 30(+4), Recovered: 15(+7).

The 1st Utah confirmed COVID-19 patient in Davis County went to a BYU game on 2/22, close contacts, less than 20, sitting within 6 feet of the patient have been tracked and notified. Because the time has passed for two weeks, the risk of infection for viewers watching the game is low.

#### **Mar 9, 2020**

U.S. Confirmed Cases 721(+155), Deaths: 26(+5), Recovered: 8.

Utah confirmed cases 1 in Davis County. Utah County Health Department alerted BYU that this coronavirus patient attended a basketball game at BYU on 2/22. Heath officials are contacting those who sat within 6 feet of the individual to let them know of the possible exposure.

#### **Mar 8, 2020**

U.S. confirmed cases: 566 (+110), deaths: 21 (+2), recovered: 8. (6:40pm)

Utah confirmed case: 1 in Davis County. Public health officials are conducting epidemiological investigation to identify Utahns who interacted with the coronavirus patient.

Mar 7, 2020

U.S. confirmed cases 459, deaths 19, recovered 8.

Utah confirmed cases 1 in Davis County, Grand Princess Cruise Ship. The patient is a male older than 60, and has been isolated at home.

Utah Governor declared the state of emergency on this day.

## II. Facts about COVID19 and Prevention

1. Ways to prevent contamination caused by touching: a) Open the Door: Push the unlocked door with your hips and back; touch the automatic door switch for the disabled with your elbow; carry some disposable paper towels or gloves in your pocket to wrap the door handle; b) Shopping, Refueling, and Fetching Letters: Wear disposable gloves, discard after use, and open the letter after disinfection.
2. Don't touch, without protection, on gas pumps, elevator buttons, door handles, shopping carts, and mailboxes, from where coronavirus can spread to users. Please put disinfecting wipes or papers in garbage can.
3. Many supermarkets, i.g. Dollar General/wh food/Target/stop & shop/Smith's, blocks the first opening hour for elderly and disabled individuals who are COVID-19 venerable populations and need to keep social distance when shopping.
4. Keep safe in crisis: On guard to steal and grab, be aware surrounding in public places, help each other in neighborhood, not open doors for strangers (officials or delivers don't nock), call 911 if needed.
5. University of Utah Hospital and Intermountain announce 1) non-emergency surgery will re-scheduled; 2) appointment for general clinic will also be re-scheduled.
6. CDC self-check and track of COVID19: [https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19\\_CAREKit\\_ENG.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19_CAREKit_ENG.pdf).
7. State Officials believe the virus outbreak will continue for months.
8. Updates of university campus in the US: <https://www.wholeren.com/coronavirus-update/>.

## III. Updates of Legislation and Governmental Aid and Guidance

1. Coronavirus Rumor Control website is launched by Federal Emergency Response Agency (FEMA). <https://www.fema.gov/coronavirus-rumor-control>.
2. If you lost job and health insurance because of the impact of COVID-19, please ask state staffers about the possibility to enroll in Medicaid when you register for unemployment benefits. Annual income levels for Medicaid are < \$17,236 for an individual or < \$35,535 for a family of four. <https://medicaid.utah.gov>
3. Driver's License (DL): TSA announced if your DL expired on/after 3/1/2020 and you are unable to renew it, you may still use it at the TSA checkpoint, 60 days after the duration of the national emergency.
4. School Board Waives Requirements: Student assessments will be suspended this year, the Utah State Board of Education announced Thursday. The requirements for a 180 days school year will be waived this year, as well.
5. The Department of Homeland Security recommends to prepare a 7-day Emergency Kit: <https://www.ready.gov/kit>
6. President Trump signed the coronavirus relief bill (Families First Coronavirus Response Act), including free coronavirus testing, expanded family and medical leave for some, paid emergency sick leave for some, unemployment benefits, food assistance and protections for health care workers.

7. FDA will fast-track approvals of clinical trails for COVID-19 treatment drugs: the antimalarial hydroxychloroquine and antiviral drug Gilead's remdesivir. FDA approves "compassionate uses" of these two drugs for consented COVID-19 patients.
8. Smith's marketplace announces starting from Mar 19, all Smith's markets will set up shoppings time for seniors from 7 to 8 am on Mondays, Wednesdays and Fridays. They also adjusted opening time as well the reservation for disinfection time.
9. On Mar 18, WHO backs call to avoid Ibuprofen/Advil for coronavirus that ibuprofen may worsen the effects of COVID-19 and should be avoided. FDA approves a Utah-based company, Co-Diagnostics, to start to distribute its COVID-19 testing kits. The company can produce 50,000 kits a day.
10. On March 17, Utah officials told that they have around 900 tests and 5.5% to be positive. Currently, test kit in Utah cannot satisfy the demand for everyone's test, and is reserved for patients with symptoms and exposure. Dr Dunn pointed that the outbreak of the virus in Utah is still at the early stage. COVID19 cases in Utah are expected to grow in the coming future.
11. If you lost job because of COVID-19, you can register your info at the Utah Department of Workforce Services <https://jobs.utah.gov/covid19/index.html>.
12. White House encourages not to the gathering with 10+ persons. The federal government allows the delay of payment to IRS with the mount less than one millions USDs by 90 days, until July 15. No interest or fine shall be charged upon the delay. The maximum amount for a company is ten million USDs.
13. Salt Lake City reinforces the regulation on all dining services by applying the restriction on the dining-in service. Other options, including delivery, drive-thru and food truck are still allowed. Three counties in eastern Utah restricts the out-of-country travel, although no confirmed COVID19 cased are reported in these three counties. State official started a taskforce to aid the individuals or companies affected by the virus.
14. All major marketplaces are operating normally, while some of them reduced the opening hours at night. Starting from 4:30 pm Mar 15, officials in Summit county suspend services of restaurants, hubs, gym/SPA and church activities for 30 days. Curbside take-out or drive-through of restaurants are still allowed, and the restaurants need to inform the government official if they intend to initiate curbside take-out.
15. Federal-level regulations: the flights between US and UK/Ireland are suspended (not applied to US citizens or permanent residents). The business of all major cruse services will be suspended for 30 days. Tax credits have to be applied to the paid leave for up to two weeks. Visiting the nursing homes is restricted and all physicians/nurses will be tested for COVID19.
16. Dr. Wei Peng, a local specialist of pulmonary and critical care medicine, recommended that patients with positive COVID19 should not panic. According to Dr. Peng, the severity of COVID19 is not significant in the first week, but will escalate in the following week. If you are sick but only with mild symptoms, please start self-quarantine and stay home. Contact your physician.

#### IV. Diagnose and Quarantine Policies/Updates in Utah

1. UU Healthcare has set up 4 drive-up tent stations and begun to screen, test, and examine patients for COVID-19.
2. Intermountain Healthcare is rolling out an online tool that will help Utahns determine if they might have COVID-19. The tool appears in a banner at the bottom of the Intermountain site <https://intermountainhealthcare.org>; when clicked on, a small pop-up opens and a bot named "Scout" walks users through a series of questions.

## V. For Owners of Small-business Owners

If you own small business and experience financial difficulties, please find resources provided by state programs here: <https://coronavirus.utah.gov/business/>.

## VI. Mutual-aid Guidelines

1. If you want to help combat the COVID-19 in Utah by donation or volunteer, please find the reliable sources from state official sites: <https://coronavirus.utah.gov/help/>
2. The United Way of Salt Lake is collecting donations to help the children and families most impacted by the closures of schools and loss of work because of COVID-19. <https://uw.org/>
3. Donate Medical Supplies: Utah Bureau of Emergency Medical Services (EMS) accepts and re-distributes donated medical supplies such as face-masks. For donation of medical supplies contact Mr. Roger Edwards, EMS Investigator, BEMSP/UDOH, Office: (385) 831-4928; Fax: (801) 536-0959; Email: rgedwards@utah.gov
4. At the PBS Utah COVID-19 Forum, the panelists pointed out that volunteers are needed at the Meals on Wheels Program, childcare, and healthcare facilities. They also suggest that we reach out to neighbors to help each other.

## VII. Proposals by Chinese-American Communities

1. Announcement: Chinese Utahans' Action Proposal for Fighting the COVID-19 <http://castut.org/covid-19/announcement.pdf>.
2. Fifteen Utah Chinese community organizations jointly released a proposal for its members to take actions to support statewide efforts to control COVID-19 spread among Utahans. <http://castut.org/?p=1632>.

## VIII. About Us

Novel Coronavirus Outbreak Utah Chinese Community Coordination Group is organized by volunteers from Chinese communities in Utah. Its purpose is to coordinate COVID-19 related efforts and information in the outbreak period. This daily evening briefing shares key information among Chinese Utahans.

Useful links:

- Utah COVID-19 Information Line 1-800-456-7707, 1-844-442-5224
- CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Utah Coronavirus Task Force <https://coronavirus.utah.gov/>

=== Safety Measures for Earthquake and COVID-19: shelter in place, social distancing, stay calm, tele-commute and tele-medicine. ===