



A RESOURCE FOR HEALTHY LIVING FROM THE
GALLATIN CITY-COUNTY HEALTH DEPARTMENT

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healthygallatin.org

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Press Release

Gallatin County COVID-19 Update

As of Sunday, March 29, 2020, at 4:45 p.m. Gallatin County has a total of 62 confirmed cases of COVID-19. Of those cases, zero patients in the county are hospitalized.

Information on the genders and age ranges of all of our positive cases can be found online provided by the State of Montana here:

<https://montana.maps.arcgis.com/apps/MapSeries/index.html?appid=7c34f3412536439491adcc2103421d4b>

All Gallatin County cases consist of community transmission, close contact, and travel related history.

What does “flattening the curve” mean?

Epidemiologists and other health experts who study and track communicable disease use all sorts of graphs and images to demonstrate how diseases spread geographically and among certain populations. The phrase, “flatten the curve” has been used recently to describe the bell shaped curve that shows up on graphs when a large number of new cases of COVID-19 develop in a short amount of time.

Flattening the curve means decreasing the number of people who get sick all at once in a short period of time.

Why is it important to flatten the curve?

A surge of new COVID-19 cases can overwhelm medical providers, supplies, treatment space, and other resources.

Working to keep new cases from developing can reduce the risk of exposure and illness rates in our community. A flatter, lower curve is a much better one – but it will take working together to make it happen.

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What can we do here in the Gallatin Valley?

- **Shelter in place** – stay home if you can!
- **Keep a social distance** of 6 feet or more between you and others.
- **Let seniors and those with medical resiliency concerns shop during store hours designated for them.** This allows those folks to meet their needs with reduced risk of exposure to the larger population.
- **Practice healthy habits** – please wash your hands often with soap and water for 20 seconds, avoid touching your face, cover your cough/sneeze, and keep your [environment clean](#).
- Stay home if you're sick, and take a walk outside if you're not! **Take good care of yourself:** yoga, walking, eating and sleeping well...whatever makes you feel healthy is important self care.
- **Keep an eye on reliable local resources** and your own email. School districts, businesses, organizations, medical providers, local governments and your [City-County Health Department](#) are all working to keep you informed of closures and updates.
- **Watch out for one another** – neighbors watching out for neighbors can mean a phone call to check in, a friendly wave, or to shovel a sidewalk.
- The outbreak of COVID-2019 is an immense challenge. Fear and anxiety can be overwhelming. Empowering yourself by putting your mental health first can help manage **anxiety** during the outbreak. **Support those you can with facts and a friendly ear, and connect those who need it with [professional resources](#).**
- There are a lot of resources out there – **take care to find trusted sources** that convey facts and not drama. Some of this information has been taken from the CDC's website, particularly their pages on [preparation and prevention](#). Your local Joint Information Center team will diligently update the Gallatin City-County Health Department's webpage and can be counted as a reliable source of local information: <https://www.healthygallatin.org/coronavirus-covid-19/>

The Gallatin City-County Health Department Call Center is open seven days a week from 8 a.m. to 5 p.m. to answer questions about COVID-19. Reach the Call Center by phone at 406-548-0123 or email at callcenter@readygallatin.com.

The most accurate local source of information remains the GCCHD website <https://www.healthygallatin.org/coronavirus-covid-19/>.

