



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

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For immediate release: April 4, 2020

Press Release

Gallatin County COVID-19 Update

As of Saturday, April 4, 2020, at 4:45 p.m. Gallatin County has a total of 109 confirmed cases of COVID-19. Of those cases, one patient in the county is 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.

Under Governor Bullock's Stay at Home directive Montanans are asked to stay home, leaving for essential activities only when necessary. This is critical to slowing the spread of COVID-19 in Gallatin County. While following strictly to the guidelines of local, state and federal health officials it is normal for people to experience feelings of loneliness during this time. When thinking about those in our lives who have been left feeling isolated and lonely, here are a few ideas to consider:

#1. Plan to connect.

Talk to family and friends and develop a plan to safely stay in touch with people you are concerned about during the isolation period. This might include a schedule of check-in conversations with a designated daily contact indicated on the calendar.

#2. Connect.

Communication is perhaps the most important thing for people during these isolated times. Bill Walsh from AARP comments that apps which allow loved ones to see and hear each other, like FaceTime or Skype, have the added bonus of letting you see how stressed your loved one looks. The tone of a person's voice, as well as the upkeep of their home surroundings, can provide needed input into how someone is doing.

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#3. *Be on the lookout for loneliness.*

There are many in our community that need our help. Pick up the phone, call someone and ask how they're doing. It's not about finding more time, it's about making ourselves available for quality time. A five- minute conversation could make a big difference in how someone feels.

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/>.

