

**Public Health Advisory for Central District Health's Jurisdiction:
Ada, Boise, Elmore, and Valley Counties**
Issued November 17, 2020

Background

COVID-19, the disease caused by the SARS-CoV-2 virus, is a serious, and sometimes deadly illness. Central District Health (CDH) is seeing a significant increase in the number of cases being reported among residents of all four counties served by CDH. Cases have quadrupled in the last month and our healthcare systems are being impacted at this time. There is now such high levels of COVID-19 within our communities, it is no longer possible for CDH to conduct disease investigations and contact tracing for every person infected.

While many people infected with SARS-CoV-2 recover, and some have no symptoms at all, a certain percent will end up with severe illness and require hospital care. This is not isolated to just elderly and those with underlying health conditions. Residents of all ages within CDH's counties have been hospitalized for COVID-19, including those under the age of 18. More recently, we have seen three confirmed cases of Multisystem Inflammatory Syndrome in Children (MIS-C), a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. All three children had been previously infected with SARS-CoV-2.

In order to support our hospitals so they can continue providing appropriate levels of care for COVID-19 and non-COVID-19 patients, and to protect the health of our citizens, CDH is issuing the following strong recommendations to its entire jurisdiction which includes Ada, Boise, Elmore, and Valley Counties:

Individuals

- Wear a face covering at all times around anyone who is not a member of your household when physical distancing of at least 6 feet cannot be maintained. The only exceptions are for children younger than age 2, people who have trouble breathing, people who cannot remove the mask without assistance, or people who are obtaining a service involving the nose, face, or head for which temporary removal of the face covering is necessary to perform the service.

- In Ada and Valley Counties, current public health orders apply and require the wearing of masks/face coverings under the scenarios outlined in the section above.
- Work from home.
- Minimize non-essential travel.
- Suspend visits to congregate living facilities.
- Avoid social gatherings, including among family members who do not live in your household.
 - In Ada County, the current public health order requires social gathering sizes to be limited to 10 or fewer people; and other gatherings of more than 50 are prohibited.
- Anyone age 65 and older, *or* who smokes, *or* with a health condition that puts them at risk for severe outcomes, avoid close contact with anyone other than immediate household members except for necessary services, such as accessing healthcare.
 - Per the [CDC](#), health conditions that put a person a high risk include: Chronic kidney disease, COPD (chronic obstructive pulmonary disease), Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies, Immunocompromised state (weakened immune system) from solid organ transplant, Obesity (body mass index [BMI] of 30 kg/m² or higher but < 40 kg/m²), Severe Obesity (BMI ≥ 40 kg/m²), Pregnancy, Sickle cell disease and Type 2 diabetes mellitus.

Outings/Activities/Places of Business

- Businesses implement delivery/curb-side services.
- Places of worship implement virtual services.
- Discontinue youth and adult sports/activities in which physical distancing is not possible.
- Discontinue school extracurricular activities of all types in which physical distancing cannot be maintained AND where physical distancing can be maintained but the activity requires increased breathing, such as choir and band.
- Bars, restaurants, breweries/taprooms/wineries/distilleries – takeout/carryout only. Close at 10 pm.
- Gyms and other fitness or group exercise facilities/studios (e.g., spin, dance, yoga, pilates, gymnastics) limit capacity to not more than 50%. Class instructors maintain a distance of at least 6 feet from participants at all times.

Duration of Advisory

This advisory will remain in effect until a sustained two-week decline in cases within our health district AND a two-week case rate of less than 30/100,000/day occur. If one of our three health systems, St. Luke's, Saint Alphonsus, or the Boise VA Medical Center implement *crisis standards of care* as authorized by the State of Idaho, this advisory will become a public health order and may include additional restrictions.