



Welcome Back!

Albany County – UW Main Campus

Wyoming & Albany County Resources

Welcome back to Laramie and the University of Wyoming campus. The University of Wyoming is committed to each UW community member: staff, faculty, students, and the citizens of the regions where we teach, learn, and work. In addition to the multiple resources on our campus, this guide will help you navigate the many resources provided by the State of Wyoming, Albany County, as well as local resources. This list is not meant to be all inclusive of every resource available in your area. Please reach out to resources listed to get more information about the services they provide.

COVID-19 Testing Locations

- Ivinson Memorial Hospital
255 N 30th St, Laramie, WY 82072
307-742-2141
- Grand Avenue Urgent Care
3236 Grand Ave D, Laramie, WY 82070
307-760-8602
- Stitches Acute Care Center
3810 Grand Ave, Laramie, WY 82070
307-721-1794


If you or someone you know is experiencing a mental health emergency or crisis, help is available.

Call 911 or contact the Albany County 24-hour emergency access line at 307-745-8915

The National Suicide Prevention Hotline Is also available 24 hours a day, 7 days a week for free and confidential support at 1-800-273-8255

RESOURCES INCLUDED:

- COVID-19 Testing Locations
- General/ Community Medical Facilities
- Mental Health Resources
- Grocery Store & Pharmacy Information
- Food Assistance programs & locations
- Parks & Rec Information
- Game & Fish and Outdoor resources
- Other Resources

 (307) 766-2683

 covid19@uwyo.edu

 uwyo.edu/covid19



Wyoming & Albany County Health

Wyoming Department of Health
401 Hathaway Building
Cheyenne, WY 82002
Phone: 307-777-7656
Fax: 307-777-7439
Website: health.wyo.gov

Albany County Public Health
609 S 2nd St
Laramie, WY 82072
Phone: 307-721-2561
Fax: 307-721-2565
Website: publichealthlaramie.org



Helpful Websites:

- Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Wyoming Department of Health
<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/>
- City of Laramie
<https://www.cityoflaramie.org/1109/COVID-19-Information>



Did you know that if you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, you can call, text, or email Wyoming 2-1-1



Medical Services Tips:

If you have a medical emergency call 9-1-1

- Notify dispatchers that you may have been exposed
- Wear a facemask or cloth face covering before emergency services arrive

For visiting a medical facility:

- Call ahead
- Many routine care visits can be done via phone or telemedicine
- If you have been exposed, let the facility know so that they can protect themselves and other patients
- Always wear a mask into any medical facility

Local Grocery Stores

- Safeway
554 N 3rd St, Laramie, WY 82072
307-721-5107
Delivery via instacart.com
- Walmart
4308 Grand Ave, Laramie, WY 82070
307-745-6100
Delivery, in store pick-up, and curbside via walmart.com
- Ridley's Family Markets
3112 Grand Ave, Laramie, WY 82070
307-742-8146
Delivery & curbside via shopridleys.com/athome
- Big Hollow Food Co-Op
112 S 2nd St, Laramie, WY 82072
307-745-3586
Delivery & curbside pick-up by calling store
- Butcher Block
1968 Snowy Range Rd, Laramie, WY 82070
307-745-4534
Curbside pick-up by calling ahead
- 307 Meats
3745 Cherrywood, E St, Laramie, WY 82070
307-343-9001



Local Pharmacies

- Pole Mountain Pharmacy
310 Harney St, Laramie, WY 82072
307-460-4080
Delivery & curbside - call store
- Safeway Pharmacy
554 N 3rd, Laramie, WY 82072
307-745-4224
Delivery via doordash.com
- Walgreens Pharmacy
4005 Grand Ave, Laramie, WY 82070
307-745-1557
Drive thru pick up and delivery
- Walmart Pharmacy
4308 Grand Ave, Laramie, WY 82072
307-745-6112
Curbside pick-up and FedEx mail out - call store
- Ridley's Pharmacy
3112 Grand Ave Laramie, WY 82070
307-745-7246

Local Mental Health Resources

If you are in need of mental health services, below is a list to get you started:

- The Clinic for Mental Health & Wellness
502 S 4th St, Laramie, WY 82072
307-755-1000
- Ivinson Memorial Hospital: Behavioral Health Services
255 N 30th, Laramie, WY 82070
307-742-0285
- Peak Wellness Center
1263 N 15th St, Laramie, WY 82070
307-745-8915
- Pathways
1575 N 4th St #103, Laramie, WY 82072
307-721-0700
- Seasons Psychiatric Clinic
311 S 2nd St, Laramie, WY 82070
307-755-6463



Local Medical Resources

In addition to the testing locations on page 1, other medical facilities in Laramie include:

- Downtown Clinic
611 S 2nd St, Laramie, WY 82072
307-745-8445
- Laramie Physicians for Women & Children
2710 Harney St, Laramie, WY 82070
307-745-8991
- Family Care Clinic
504 E Lyons St, Laramie, WY 82070
307-745-0085
- Snowy Range Health Center
2523 E Garfield St B, Laramie, WY 82072
307-460-9888
- Telehealth Outreach Clinic
112 S 5th St, Laramie, WY 82070
307-745-8010
- Laramie Reproductive Health
1252 N 22nd St, Suite A, Laramie, WY 82070
307-745-5364
- Family Physicians of Laramie
2710 E Harney St #202, Laramie, WY 82070
307-745-3242
- Emergency Physicians of Laramie
3908 E Grand Ave #201, Laramie, WY 82070
307-742-2141

Local Food Pantries & Assistance

- Feeding Laramie Valley
968 N 9th St, Laramie, WY 82072
307-223-4399
Learn more at feedinglaramievalley.org
- Interfaith Good Samaritan
712 Canby St, Laramie, WY 82070
307-742-4240
Learn more at laramieinterfaith.org
- Laramie Soup Kitchen
104 S 4th St, Laramie, WY 82070
307-460-1606
Learn more at laramiesoupkitchen.org
- Eppson Center for Seniors (60+)
1560 N 3rd St, Laramie, WY 82072
307-745-5116
Learn more at eppsoncenter.org
- Albany County WIC Program
602 S 2nd St, Laramie, WY 82070
307-721-2535

Game & Fish and the Outdoors

This is a general overview of changes for 2020:

- Fishing licenses are now available to be 'carried' on mobile devices - you don't need to go to a store to purchase or print them!
- You can still apply & buy hunting licenses online
- Hunter Education classes are now limited to 8 students
- STOP Poaching Hotline is still being answered 24 hours a day, 7 days a week at 1-877-WGFD-TIP, texting "WGFD" to tip411 or online at wgfd.wyo.gov
- For more Wyoming Game and fish Info call the Laramie office at 307-745-4046 or visit them online at wgfd.wyo.gov
- To check the operation status of a National Park visit: nps.gov
- To check the operation status of a Wyoming State park visit: wyoparks.wyo.gov



Laramie Parks & Recreation

This is a general overview of changes for 2020:

- Face covering required in Rec Center facility
- Some work out times will be 'face covering optional' at the Rec Center Facility
- Wading Pool capacity - 11 people
- Undine Park Splashpad capacity - 49 people
- Indoor/Outdoor leisure pool capacity - 44 people combined
- Reservations are being accepted for the Rec Center pools only
- A temperature check station will be at the front door of the Rec Center
- No annual August Closure at the Rec Center this year!
- For more information please visit: cityoflaramie.org/96/parks-recreation

Contacts at the City of Laramie

Main Number:	307-721-5200
Non-Emergent Dispatch:	307-721-2526
Utilities:	307-721-5280
Rec Center:	307-721-5269
Ice & Event Center:	307-721-2161
Animal Control:	307-721-5385

Website: cityoflaramie.org