WHAT YOU NEED TO KNOW ABOUT COVID-19

As COVID-19 updates continue, it is normal to feel anxious about a new disease. Currently, the risk to most Coloradans is **LOW**, and we are confident the healthcare system here is prepared to respond quickly to identify and evaluate any suspected cases to minimize potential spread. The best thing you can do to protect yourself and your family is to stay informed from reliable sources and know the facts.

- There are no confirmed cases of COVID-19 in Colorado.

- Exposure to this virus has been defined as being within 6 feet of someone with a *confirmed infection* for a prolonged period of time, transferred through respiratory droplets produced by a cough or sneeze (like the flu); however even that does not guarantee someone will become sick.

- No identity, race, ethnic or community group is more at risk for contracting or spreading COVID-19.

- Coronaviruses are common in humans and animals and can cause respiratory illnesses, like the common cold. While these may be called "coronaviruses," they are not COVID-19. There are many types of respiratory illnesses (such as the flu) that are circulating right now, and people are at a much greater risk of getting the flu than COVID-19.

- **It is not too late to get the flu vaccine.** Call Jefferson County Public Health in Lakewood for an appointment: 303.239.7078

- Symptoms of respiratory viruses, including the novel coronavirus, include fever, cough, and shortness of breath. Any of these illnesses can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain & fever-reducing medications.

- People who have symptoms **AND** a recent travel history to China should contact a healthcare provider.

- **To protect yourself, if you are healthy:** get your flu shot and continue your normal routine. You can participate in public gatherings such as work, school or social activities. Wash your hands with soap and water often, and avoid close contact with anyone with cold or flu-like symptoms.

- **To protect yourself, if you are sick:** stay home, cover coughs and sneezes with a tissue or inner elbow shirt sleeve, wash your hands frequently and avoid touching your eyes, nose and mouth. Avoid close contact with anyone else. And, get your flu shot and stay up-to-date on other routine childhood and adult immunizations.

Gilpin and Jefferson County Public Health Departments are working closely with the CDC and other organizations to actively monitor the situation. If you have any questions, call the CO Health Emergency Line for the Public (COHELP) at 877.462.2911 or 303.389.1687.

Resources for COVID-19:
State public health web page:www.colorado.gov/cdphe/2019-novel-coronavirus
CDC web page: www.cdc.gov/coronavirus/2019-ncov
JCPH web page: www.jeffco.us/public-health

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