



Teller County Public Health and Environment
 PO Box 928
 11115 W. Hwy. 24, Unit 2C
 Divide, CO 80814
 (719) 687-6416
 Fax: (719) 687-6501

When you are SICK with COVID-19 symptoms, ISOLATE yourself from contact with others.

Sick people are the source of infection to other people.

- **ISOLATION** means separating sick people with COVID-19 from people who are not sick.



- **Who should be isolating themselves?**

- Anyone who has tested positive for COVID-19.
- Anyone who has symptoms of fever OR cough OR sore throat OR shortness of breath. Some people with COVID-19 have only mild symptoms, or their illness starts out as mild but gets worse over several days.

- **How long do you have to stay home and stay away from others?**

- At least 10 days have passed since your first symptom appeared.



AND

- At least 24 hours have passed since your fever resolved without using fever reducing medicine.

AND

- Your symptoms have gotten better for at least 24 hours.

- **What does it mean to isolate yourself?**

- Stay home and stay away from others. In general, a person's residence is the preferred setting for isolation. Pay particular attention to stay away from seniors, people with weak immune systems, and people with chronic health problems.
- Do not go to work outside of your home.
- Do not go to school or child care.
- Do not go to public places.
- Try to make arrangements for someone to drop off necessary supplies outside your home.



- Health care workers, first responders, and people who work in a long term care facility have additional instructions. You must immediately report your positive test result or report your illness to your health care facility supervisor. Follow the facility instructions and protocols for how long to stay home and when you are permitted to return to work.



- Because of the rapid increase in COVID-19 cases, public health is asking sick persons to voluntarily comply with isolation. However, public health agencies have the legal authority to issue a public health order to mandate isolation.

More information on back....

- **Monitor your symptoms**

- If you are concerned about the severity of your symptoms, call your health care provider before seeking medical care in person.
- If your condition requires calling 911, tell the 911 operator that you have or might have COVID-19.
- Discussions about COVID-19 testing should be made with your health care provider.



Helpful Websites

- <http://www.tellerCOVID.com/>
- <http://co.teller.co.us/PublicHealth/>
- <https://COVID19.colorado.gov/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

When you have been EXPOSED to someone who is sick with COVID-19 symptoms, you are at risk for developing illness

● How can an exposure to COVID-19 happen?

- COVID-19 is spread when an infected, sick person coughs or sneezes and releases respiratory droplets near other people.
- Exposure to COVID-19 can happen when you are in close contact with someone who has COVID. Close contact is being within 6 ft. of someone for 15 min. over a 24-hour period.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes without washing their hands.
- After an exposure, it can take up to 14 days for COVID-19 symptoms to develop.



● QUARANTINE after an exposure means keeping a safe distance from others just in case symptoms begin at any point. It also means monitoring your health for symptoms

● Who should follow quarantine instructions?

- Unvaccinated or partially vaccinated persons who had an exposure to someone who tested positive for COVID-19 or was exposed to someone likely to have COVID-19. That includes household members, or anyone else meeting criteria for close contact at work, school or other settings.
- Fully vaccinated persons (14 days after completing series dose) who are exposed **do not** need to quarantine. They should wear a mask when indoors and get tested 3-5 days after exposure. After a negative test result, the mask may be optional. Monitor for symptoms for the next 14 days and get tested if symptoms develop.

● What are the instructions for quarantine?

- Refer to your supervisor for policies regarding work, work at home, or exclusion from work.
- Avoid public places.
- Avoid traveling by airplane, ship, long distance bus, or train.

● How long do you need to follow quarantine?

- CDC and CDPHE continue to recommend a COVID-19 quarantine period of 14 days following exposure. The following options to shorten quarantine are acceptable alternatives:
 - For contacts who have monitored themselves daily and have not had any symptoms of COVID-19, quarantine can end after 10 days. In this instance, individuals meeting these criteria could resume their usual activities beginning on day 11 after exposure. They should continue to monitor themselves daily for symptoms for the full 14 days following exposure.
 - For contacts who have monitored themselves daily for symptoms, have not had any symptoms of COVID-19, and have tested negative on a molecular or antigen test collected 5-10 days after exposure AND within 48 hours before quarantine is discontinued, quarantine can end after 7 days. In this instance, individuals meeting these criteria could resume their usual activities beginning on day 8 after exposure. They should continue to monitor themselves daily for symptoms for the full 14 days following exposure.
- In no circumstances can quarantine be discontinued before 7 full days of quarantine have passed since exposure.

● What does it mean to monitor your health?

- Watch for symptoms of COVID-19, including a new
 - Fever OR
 - Cough OR sore throat OR change in breathing of breath.
 - Other additional symptoms. Other symptoms could be early signs of infection include body aches, extreme tiredness, runny nose, chest congestion, new loss of taste or smell, and/or vomiting or diarrhea.



● What if you develop symptoms while in quarantine?

- You might have COVID-19. Get tested as soon as possible after developing symptoms.
- Stay home and follow isolation instructions even if you are not tested for COVID-19.

