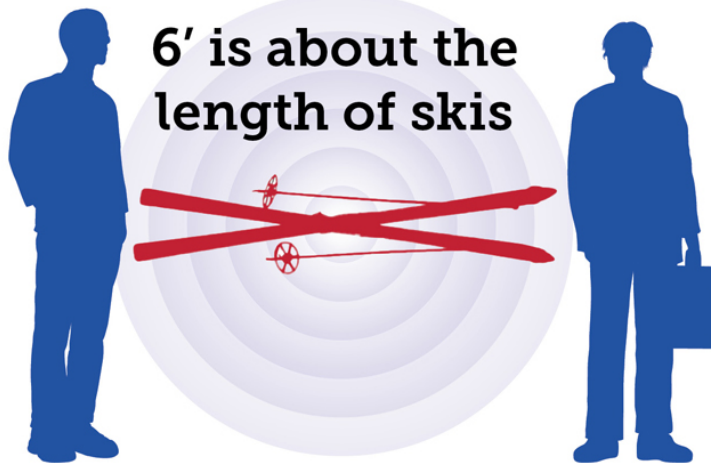




Social distancing is an effective tool to avoid getting sick.

Six Feet Away

COVID-19 AND MINIMIZING RISK



COVID-19 is primarily spread through respiratory droplets produced when an infected person coughs or sneezes.



People who have sustained contact within 6 feet of an infected individual are most at risk of transmission.



Stay home if you can, to help slow the spread of COVID-19.

Isolation or Quarantine?



ISOLATION IF YOU ARE SICK

Separates sick people with a contagious disease from people who are not sick.

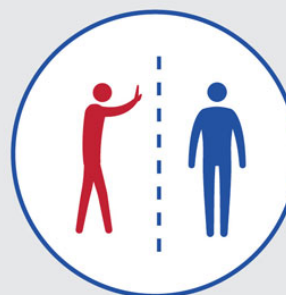


- You must stay away from others for at least 7 days after your symptoms started and until all your symptoms have gone away.

 **7 DAYS**

QUARANTINE IF EXPOSED

Separates people and restricts their movement if they were exposed to a contagious disease to see if they become sick.



- For people who are not sick, but may have been exposed (in close contact with someone) who is sick.
- You must stay away from others for 14 days to see if you get sick.

 **14 DAYS**

COVID-19 Symptoms



Cough



Fever



Shortness of
breath

Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.



COLORADO
Department of Public
Health & Environment

If you have symptoms, contact your doctor prior to entering a healthcare facility.

Only dial 911 if you are experiencing difficulty breathing or other life-threatening emergency.



Practice actions that protect others

- Clean your hands often with soap & water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or sneeze into inner elbow.
- Avoid sharing personal household items such as dishes, glasses, towels, etc.
- Clean surfaces every day with regular household cleaning spray or wipes.

For current information in the San Luis Valley please follow @SLVEmergency on Facebook & Twitter or visit the website at www.slvemergency.org

For current information about COVID-19 response and resources in Colorado visit covid19.colorado.gov

Have a question? Call CO HELP at 877-462-2911 or 211

Centers for Disease Control - cdc.gov/coronavirus