



## For Immediate Release:

March 30th, 2020

In our previous releases, we have stated that there were two probable cases in Custer County. A probable case means that a person has all the signs and symptoms of COVID-19 and is awaiting testing. During the time it takes for the COVID-19 test to be conducted and receive results, the person is deemed “probable” and is put under isolation and possible contacts of the individual under quarantine.

This morning, March 30, 2020 Custer County Public Health received notification that the first probable case, associated with the Custer County Courthouse, was negative. **Therefore, Custer County still has 0 confirmed COVID-19 cases and 2 negative test results.** Testing efforts will continue. We will notify the community as soon as we have new and pertinent information. Our first priority is the safety and wellness of our residents. Custer County Public Health has chosen to proceed with caution since the beginning of this pandemic and will continue to do so.

Even though Custer County does not have any confirmed cases at this time, we are still mandated to follow the state’s “Stay-At-Home” order. This means that unless residents have essential business to conduct they need to stay home and maintain social distancing. For a full explanation of essential businesses and the Stay-At-Home order, go to the [CDPHE website](#). While there are no confirmed COVID-19 cases in Custer County, it is likely that there are cases we are unaware of. That is why it is vital for everyone to be diligent in abiding by the Stay-At-Home order.

Here are some ways to practice effective social distancing:

- If you are considered an at-risk individual, **stay home** and allow someone to run errands for you. If this is not possible, take advantage of the early morning hours at local stores.
- Help your elderly neighbors by delivering groceries to their doorstep.
- Have only 1 person in your party enter the store.
- Keep at least 6 feet away from others in line while shopping at the essential stores, both inside and outside.
- Plan accordingly: Try to only enter retail stores **once a week**.
- If you work in an essential position, stay at least 6 feet away from others. Ensure your workplace is following Governor Polis’ order to decrease employees in the workplace by 50%.

If you become ill with a cough, fever, or shortness of breath, contact public health, **stay home, and assume you are positive**. If your symptoms become severe, **it is vital that you call your doctor** and seek advice on whether or not to go to the ER. If you do not have a provider, call the public health office or a local hospital (**not 911**) before leaving your home.

If you or someone you know is in isolation or quarantine because of COVID-19 or in general need of food and supplies, please contact John Carroll, the Volunteer Coordinator for this

If you have questions or concerns, please call Public Health at 719-783-3369 or Elisa Livengood BSN RN at 719-458-9211.