



For Immediate Release:

March 24, 2020: As of today, there are 720 documented tested cases of COVID19 in Colorado with seven deaths. We have two probable cases of COVID-19 in Custer County. While these two people are awaiting test results they are quarinted at home. Individuals that were in contact with these two cases have been notified and were placed under a 14-day quarantine.

In order to prevent the spread of COVID-19 we are urging our community to practice the recommended social distancing. At this point, it is a strong Public Health recommendation to stay home. **Custer County does not wish to issue a mandatory Stay-At-Home order and requests that everyone voluntarily follow the guidelines.** We know this may be difficult for our community, but this is how we will return to normalcy sooner rather than later. Do your individual part! The life you save may be your own, your elderly friend or a family member. It is YOUR actions that will protect the health and wellness of OUR community. We cannot do this alone!

Some ways to practice social distancing are:

- 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, 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 response at 719-783-9470 or at veterans@custercountygov.com This is for the entire Custer County community in need, not just veterans.

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