



Coronavirus Disease 2019 (COVID-19) Fact Sheet



As of 1:00 PM on March 12, 2020

Colorado currently has 45 cases of COVID-19.

Grand County does not have any cases of COVID-19 at this time. Colorado state and local public health agencies are working to limit and slow potential spread of this disease, and all Coloradans can help. We advise you to stay informed with reliable sources of information, take everyday actions to protect yourself and those you love, and share accurate information with neighbors, friends, and co-workers, especially people who may have difficulty receiving or understanding the information.

Stay informed: [Find the most up-to-date info here.](#)

CO HELP: Novel coronavirus hotline	Sources for public health information
<p>For answers in many languages including English, Spanish (Español), Mandarin (普通话), and more:</p> <ul style="list-style-type: none"> • Call 303-389-1687 or 1-877-462-2911 • Email COHELP@RMPDC.org <p>If you have symptoms and think you have been exposed, call a health care provider.</p>	<ul style="list-style-type: none"> • Grand County Public Health: 970-725-3288 www.co.grand.co.us/220/Public-Health • To sign up for alerts please go to www.co.grand.co.us/AlertCenter • State public health web page: colorado.gov/cdphe/2019-novel-coronavirus • Facebook (facebook.com/CDPHE) and • Twitter (@CDPHE) • CDC web page cdc.gov/coronavirus/2019-ncov

Take everyday actions to protect yourself and those you love

- There are effective ways to reduce the risk to yourself and the people you care about.
 - Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
 - Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Stay home if you're sick, and keep your children home if they are sick.
 - Clean surfaces in your home, and personal items such as cell phones, using regular household products.
- Be prepared by using reliable resources for information and updates
 - [Grand County Government-Public Health](#)
 - [Colorado Department of Public Health and Environment](#)
 - [Centers of Disease Control](#)
- Person-to-person spread is thought to occur mainly through respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory viruses spread. However, even that is not a guarantee that someone will become sick with the virus.
- For these reasons, people at higher risk of becoming sick are:
 - People who have traveled to [high risk areas](#) within the last two weeks.
 - People who have had close contact with someone who was confirmed to have the novel coronavirus.
- Like any other virus, no identity, community, ethnic, or racial group in Colorado is more at risk for getting or spreading COVID-19. Those with existing health issues are at greater risk of experiencing severe symptoms.
- State and local public health are working together, following federal guidance, to assess Colorado travelers returning from China to determine the need for monitoring, restriction of movement, quarantine, or other action to prevent the spread of the virus.

Risk from other viruses

- There are many kinds of coronaviruses, like the common cold, currently circulating in Colorado and the U.S. that cause respiratory illness. While these viruses may also be called "coronaviruses," they are not COVID-19.
- There also are many other kinds of respiratory illnesses (such as flu) circulating right now.
- People are at much greater risk of getting the flu than the COVID-19. It's not too late to get the flu vaccine.

Symptoms and severity

- 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 and fever-reducing medications.
- If you did not have a high risk of exposure, it is very unlikely you have novel coronavirus. But if you are ill and concerned, contact your health care provider.

Protecting yourself from COVID-19 and other respiratory viruses

If you are healthy:

- Continue your normal daily routine. This means you can continue to participate in public gatherings such as work, school, or social activities at your discretion.
- Get your flu shot, and stay up-to-date on other routine childhood and adult immunizations.
- Wash your hands with soap and water or, at minimum, use an alcohol-based hand rub, which may be less effective than soap and water.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

If you are sick:

- Stay home
- Cover coughs and sneezes with a tissue or your inner elbow shirt sleeve.
- Wash your hands with soap and water or, at minimum, alcohol-based hand rub, which may be less effective than soap and water.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with anyone else with cold or flu-like symptoms.
- Get your flu shot, and stay up-to-date on other routine childhood and adult immunizations.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

COVID-19 in the community

- It's important to remember that the risk to most Coloradans from COVID-19 is low and Grand County does not currently have any positive cases. If an individual does not have a high risk of exposure, it is very unlikely they have novel coronavirus. But if they are ill and concerned, they should contact a health care provider.
- Colorado state and local public health are working together, following federal guidance, to assess Colorado travelers returning from China to determine the need for monitoring, restriction of movement, quarantine, or other action to prevent the spread of the virus.

Public health recommendations to protect our communities

We understand these recommendations affect people's lives. Colorado makes these recommendations in consultation with the Centers for Disease Control and Prevention (CDC) and our partner agencies based on the best and most recent information we have to protect the public.

For all Coloradans

[COVID-19 Reducing Fear and Taking Care of Yourself](#) | [Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)

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 - Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
 - Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Stay home if you're sick, and keep your children home if they are sick.

- Clean surfaces in your home, and personal items such as cell phones, using regular household products.
- Be calm and prepared.
 - [FEMA: Guidance for COVID-19 preparedness](#)
 - [CDC: Getting your household ready for COVID-19](#)
 - CDPHE Environmental Cleaning Guidance for COVID-19 - [English](#) | [Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)
- People who are not sick do not need face masks to protect themselves from respiratory viruses, including COVID-19. Ill people should wear a mask to protect family members or in any scenario where needed to prevent the spread of germs.

Things to remember

- It is normal to be scared, distressed or angry when you hear about a disease outbreak, even when you are at a low risk of getting sick. Be careful not to turn fear and anger towards people who have become sick. Ask yourself:
 - Would you think or do the same thing if this was a different infectious disease, like the flu?
 - Does what I'm doing make people safer or does it create more fear or harm?
- The risk of COVID-19 is not at all connected with race, ethnicity, or nationality. Blaming others will not help fight the illness. Seeking and sharing accurate information will.
- Recognize signs of stress in yourself. Identify what you are afraid of. Figure out if what you fear is something that you can address right now. If not, know what activities help you release energy from stress and fear, such as physical activity, listening to music, or talking with someone you trust. Do something that puts you in a positive mood.

Higher-risk people

- Certain people are at higher risk of getting very sick from COVID-19, including:
 - Older people (over age 60), especially those over 80.
 - People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
 - Older people with chronic medical conditions are at the highest risk.
- People at higher risk should take action now to be prepared for this virus if there is an outbreak in their community. CDC has the [information you need to prepare](#).
- Everyone's daily preventive actions are important in reducing spread to people who may experience more severe illness.

[CDC recommendations for people at higher risk for COVID-19 complications](#)

Workplaces and businesses

- Employers should take steps to make it possible for employees to minimize close contact with large numbers of people when necessary.
- Make sure flex place options are available.
- Urge employees to stay home when they are sick, and be flexible with sick leave benefits.
- Model and encourage everyday actions to limit the spread of illness.
- CDPHE Environmental Cleaning Guidance for COVID-19 - [English](#) | [Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)

[CDC recommendations for businesses and employers](#)

Event and community gatherings

If you are considering postponing or canceling events and gatherings, coordinate with your local public health agency and other community decision-makers to align with community preparedness and mitigation practices.

[CDC recommendations for large gatherings and community events](#)

- CDPHE Environmental Cleaning Guidance for COVID-19 - [English](#) | [Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)

Schools

Please contact your school or district for information about current or potential school closures.

- [Novel Coronavirus guidance for schools and child care](#)
- [Guidance for school and child care closure](#)
- [CDC Guidance for school and childcare administrators](#)
- [Planning for Institutions of Higher Education](#)
- CDPHE Environmental Cleaning Guidance for COVID-19 - [English](#) | [Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)

Travelers

- [CDC information for travelers](#)
- [COVID-19 Spring Break and Travel Fact Sheet_CDPHE](#) | [Spanish](#) | [Simplified Chinese](#) | [Vietnamese](#)