



El Paso County, CO

Public *Health*

Prevent • Promote • Protect

Communicable Disease

1675 W. Garden of the Gods Road
Suite 2044
Colorado Springs, CO 80907
(719) 578-3199 *phone*
(719) 575-8955 *fax*
www.elpasocountyhealth.org

Hello,

El Paso County Public Health has tried to call you at the phone number you provided to your physician or testing laboratory and have been unable to reach you. It is important that one of our team members speak with you regarding your recent lab results which were reported to El Paso County Public Health (EPCPH). In addition to contacting EPCPH, please follow the guidance attached to this letter.

Public Health is required to follow up on this lab result to obtain specific information that helps us better protect the health of the community. Please call us at the number below upon receipt of this letter.

Our team is ready to assist you Monday through Saturday, 8:30 AM – 4:30 PM. EPCPH is currently experiencing a large volume of calls. Please note, when calling the number below, you will be requested to please leave a message with your name and the best phone number at which you can be reached. One of our team members will get back to you as soon as we can.

Si requiere hablar con alguien en español, por favor avisenos.

Thank you.

Case Investigation & Contact Tracing Team
El Paso County Public Health
719-578-3220



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PUBLIC HEALTH ISOLATION INSTRUCTIONS

This notice supersedes all prior El Paso County Public Health (EPCPH) communications.

EPCPH has determined that you have 2019 Novel Coronavirus disease, referred to in this document as "COVID-19". Persons infected with COVID-19 may be contagious from two days prior to symptom onset through 10 days after onset and/or resolution of symptoms, which warrants isolation. The purpose of isolation is to separate individuals who have a communicable disease and could transmit it to others, from those who are uninfected to help stop the spread of that disease.

EPCPH strongly recommends you follow the instructions below until you meet the listed criteria for ending home isolation. By choosing to follow this recommendation, you are helping slow the spread of COVID-19.

Stay home, except to get medical care.

- Prior to seeking ANY medical attention in an office, clinic, or hospital, call and inform that health care facility that you have or are being evaluated for COVID-19 so the facility can take steps to protect other people.
- The purpose of isolation is to prevent further transmission to other individuals. The following steps help prevent others from becoming ill:
 - Do not travel by airplane, ship, long-distance bus, or train.
 - Travel outside your home is not recommended during isolation; please consult with EPCPH prior to making any travel plans.
 - Do not use public transportation, such as light rail, bus, or taxi.
 - Remain in the location that has been designated for your isolation.
 - Do not go to work. Working from a home-based office is permitted.
 - Do not go to school, grocery stores or other public places. If you need assistance with food or other necessities during your isolation period please call EPCPH at 719-578-3220.

Separate yourself from other people and animals in your home.

- As much as possible, stay in a specific room and away from other people in your home.
- Use a separate bathroom, if available.
- Have another member of your household care for your pets. If you must care for your pet, wear a face mask and wash your hands before and after you interact with your pet.
 - Pets do have the ability to contract COVID-19, although we are still learning about the effects of COVID-19 on pets and animals. It is best to limit contact with any pets or animals until you are no longer infectious. More information can be found here:
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html

If possible, wear a face mask when you are around other people or pets, and before you enter a health care provider's office.

- If you are not able to wear a face mask, then people who live with you should not be in the same room with you, or they should wear a face mask if they enter your room.

Monitor your symptoms

- Seek prompt medical attention if your symptoms worsen (e.g., difficulty breathing). Prior to seeking ANY medical attention in an office, clinic, or hospital, you should call and inform that health care facility that you have or are being evaluated for COVID-19. Put on a face mask before you enter the facility.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or may have COVID-19. If possible, put on a face mask before emergency medical services arrive.

Practice actions that protect others

- **Wash your hands often**
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60 percent alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water are preferred if hands are visibly dirty.
- **Avoid touching your eyes, nose, and mouth with unwashed hands**
- **Cover your coughs and sneezes**
 - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
 - Immediately clean your hands (see above).
- **Avoid sharing personal household items**
 - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - After using these items, they should be washed thoroughly with soap and water.
- **Clean surfaces every day**
 - Clean "high-touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, stool, or bodily fluids on them.
 - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

When does isolation end

- Remain under home isolation precautions until:
 - 10 days after your symptoms started or 10 days after you are discharged from the hospital (unless you met criteria for discontinuation of isolation while hospitalized), even if you are treated with antiviral medications, **AND**
 - You have had no fever—without the use of fever-reducing medications—for at least 24 hours and your symptoms are improving.

If you have questions about when to discontinue home isolation or anything else pertaining to this letter, please contact EPCPH at 719-578-3220 and leave a message stating you have received this letter.

These instructions are in place to protect and preserve public health and to help stop the spread of communicable disease. In situations where there is increased risk for transmission or isolation recommendations are not being followed, EPCPH may issue a public health isolation order.

Sincerely,

El Paso County Public Health