



TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT

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March 23, 2020

We were recently informed that one member of Woodland Park High School community has developed COVID-19 symptoms after being in contact with someone who tested positive, defined as an epi-linked case. In order to protect these individuals' confidentiality we will not be releasing names or details about them.

As the health and safety of our community is our priority, we are notifying you that you may have come into contact with the infected individual. In consultation with the Colorado Department of Public Health and Environment (CDPHE), we are **advising all Woodland Park High School students and staff quarantine until March 27th**, which is 14 days after the last known contact with the infected person.

While quarantining, follow these steps to monitor your health and avoid spreading the disease to others:

1. Monitor your health for fever, cough, or shortness of breath for 14 days after the last day you were in close contact with the sick person with COVID-19 on March 13th
2. Do not go to work or school, and avoid public places for 14 days after the last day you were in close contact with the sick person.
3. If you get sick with fever, cough, or shortness of breath (even if the symptoms are very mild), stay at home and away from other people.
4. If you are at higher risk of getting very sick from COVID-19, contact your doctor's office and tell them you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19 and other respiratory infections like influenza. Higher risk groups include:
 - a. Older people (over age 60), especially those over 80 years.
 - b. People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
 - c. Older people with chronic medical conditions are at greatest risk.
5. If you are not at higher risk, but still need medical advice, call your health care provider or a Telehealth provider to get advice. Tell them you were exposed to someone with COVID-19 so they can help you decide if you need to be evaluated in person or tested.
6. If you are having a medical emergency, call 911 and tell the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a face mask before emergency medical services arrive or immediately after they arrive.

Your household members do not need to quarantine, but should stay home if they feel unwell. Everyone should continue to take everyday precautions for preventing spread of COVID-19, including social distancing, regular washing of hands with soap and water, and avoid touching your face.

You can find more information about COVID-19 and what you can do to protect yourself, your family, and your community on the CDPHE (<https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus>) and CDC ([cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)) websites.