MESSAGE FROM THE DIRECTOR OF TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT

Dear Community Members,

As most are aware, the CoVID19 virus has arrived in Colorado. As of this moment there are NO cases in Teller County.

This is a rapidly evolving public health event. It is important that we all work together to keep our community as safe as possible. For accurate, up-to-date information, monitor this Facebook Page, the Teller County web site www.co.teller.co.us, and the Colorado Department of Public Health and Environment webpage, https://www.colorado.gov/cdphe, to know when/how the situation may change.

The best way to protect yourself is to follow these basic rules:

1. If you do not feel well - STAY HOME.
2. Wash your hands often with soap and water for at least 20 seconds
   a. Especially after blowing your nose, coughing, or sneezing.
   b. And before eating or preparing food
3. Avoid touching your eyes, nose and mouth.
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For further information please visit www.cdc.gov/COVID19