# Teller County Public Health & Environment

## First lab-confirmed positive case of COVID-19 in Teller County

Teller County Public Health and Environment has confirmed that they have received notification of the first lab-confirmed positive case of COVID-19 in Teller County. The case investigation is ongoing and we are working with our public health partners to prevent further spread.

The Colorado Department of Public Health & Environment defined priority groups for testing in order to conserve limited testing supplies. These groups include Healthcare workers, those over 65 years of age, and those with underlying medical conditions.

Due to this current limitation in being able to test possible cases, we may have other cases of COVID-19 within Teller County who have not received a laboratory confirmation of their illness.

Due to this fact, it is vitally important to follow all issued recommendations. These include washing hands for 20 seconds frequently, do not touch your face, and most importantly, practice social distancing – this means maintaining a space of at least 6 feet from others and not attending any gathering of more than 10 people 24 hours a day, 7 days a week- No exceptions.

Self-isolate if you have symptoms for at least 3 days after a resolution from fever (without fever – reducing medication), AND improvement in respiratory symptoms (cough, shortness of breath) AND at least 7 days have passed since symptoms first appeared.

Self-quarantine if you do not have symptoms but have been in close contact with someone who has symptoms, for 14 days to see if you become ill. If you do become ill, follow self-isolation as described above.

We are all working very hard to protect our residents and we need you to help us. This is a community event which requires the entire community to mitigate. Thank you for helping us protect you and yours.