PRESS RELEASE
March 19, 2020

Garfield County confirms third positive COVID-19 case

Garfield County Public Health will conduct contact investigations to reduce potential community spread

GARFIELD COUNTY, CO – Garfield County has been notified of a third individual who has tested presumptive positive for the novel coronavirus, or COVID-19.

This individual is a Garfield County male in his 20’s. Garfield County Public Health is collecting information to identify anyone who may have had contact with him. He is recovering at home in isolation.

The information below will continue to be updated, please review with each release:

Practice Social Distancing Now

The most effective way to shorten the cycle of the COVID-19 virus is to be diligent about practicing social distancing - reducing or eliminating gatherings that actually spread the virus in the community.

What is social distancing?
Social distancing means deliberately increasing the physical space between people to avoid spreading illness. This applies to everyone, including children. A few best practices for social distancing include:

- Stay at least six feet from others
- Do not hug or high-five - wave to each other instead
- Do not gather in groups of more than 10 people - and still honor the six foot rule in these small groups
- Work from home
- Use electronic devices to visit family or friends instead of in-person
- Sit outside or go on a walk, bike ride or hike - just keep the six-foot distance from others in mind

Take health precautions seriously

- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds; Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.

Symptoms

Symptoms of COVID-19
The following symptoms may appear 2-14 days after exposure.*

- Fever
- Cough
- Shortness of breath

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

If you are feeling ill with these symptoms

- Manage your symptoms at home the same way you manage other cold symptoms. We want to reduce the risk of transmission, so to the extent possible, people with flu-like symptoms should remain at home.
- If you need medical care, contact your primary care provider and schedule a visit. Let them know that you are concerned you might have COVID-19.
- Only contact 911 for emergencies requiring immediate life-saving care and let them know if you are concerned you might have COVID-19.
• Restrict visits to the hospital emergency room or urgent care - only individuals needing immediate care should visit these facilities. If you must visit an ER or urgent care facility, call ahead and let them know that you are concerned you might have COVID-19.

COVID-19 Awareness
Community support saves lives
Garfield County: www.garfield-county.com


Garfield County Joint Information System continuous updates: www.garfieldcounty.net
Please follow by clicking at upper right.

Register for Garfield County Emergency Notification System: www.garco911.com

CO-HELP is the state of Colorado’s call line for the coronavirus. People who have general questions about COVID-19 can call CO HELP at 303-389-1687 or 1-877-462-2911, for answers in many languages, or email them at COHELP@RMPDC.org for answers in English.

Mission
Garfield County Public Health Department – working to promote health and prevent disease.

Garfield County Public Health is coordinating with other local public health agencies:
Colorado Department of Public Health & Environment (CDPHE) about the Novel Coronavirus (COVID-19). Our goal is to ensure accurate information is provided to the public.

Media contact
Renelle Lott
Chief Communications Officer
Garfield County
108 8th Street, Glenwood Springs, CO 81601
970.945.1377, ext. 1453
970.366.2275 cell
rlott@garfield-county.com
www.garfield-county.com

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