**COVID-19 COUNTY CLOSURE**

<https://www.colorado.gov/pacific/cdphe/COVID-19-Facts-for-Coloradans>

JCPH – [www.jeffco.us/coronavirus](http://www.jeffco.us/coronavirus)

CDPHE [colorado.gov/pacific/cdphe/2019-novel-coronavirus](https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus)

CDC – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CO Health Emergency Line for the Public – Email – COHELP@RMPDC.org

 *(Gilpin County, CO – March 13, 2020)*

In an effort to be proactive and as a strictly precautionary measure to protect the citizens (especially older adults and people who have serious chronic medical conditions), employees and visitors of Gilpin County, the Gilpin County Board of County Commissioners have declared a state of emergency for Gilpin County to take effect at midnight March 13, 2020 through March 27, 2020. The Board will reevaluate the State of Emergency before it expires to see if an extension is warranted. The Board understands that there are many short, and long-term impacts and potential consequences of this decision, and this difficult decision is being made in the best interest of all involved, especially our most vulnerable population . This measure follows state and federal actions which may enable us to gain funding for expenses incurred during this event.

Along with many other local governments in the state, Gilpin county government offices will be closed ***except for essential services, i.e. sheriff, ambulance, fire and the trash transfer site*** (household trash only – no electronics) through March 27, 2020. The closure includes the Parks and Recreation Center and the Clerk & Recorders Office (license plates may be renewed online at <https://www.colorado.gov/dmv/>), and all other non-essential services. These closures will be reevaluated as necessary.

Your county officials will still be available and contact information may be found at: <http://gilpincounty.org/cms/One.aspx?portalId=9285259&pageId=11072338>

As COVID-19 updates continue, it is normal to feel anxious about a new disease. The best thing you can do to protect yourself and your family is to stay informed from reliable sources and know the facts.

**FACTS:**

* As of March 13, 2020, there are no confirmed cases of COVID-19 in Gilpin County.
* Exposure to this virus has been defined as being within 6 feet of someone with a confirmed infection for a prolonged period of time, transferred through respiratory droplets produced by a cough or sneeze (like the flu); however even that does not guarantee someone will become sick.
* No identity, race, ethnic or community group is more at risk for contracting or spreading COVID-19.
* Coronaviruses are common in humans and animals and can cause respiratory illnesses, like the common cold. While these may be called “coronaviruses,” they are not COVID-19. There are many types of respiratory illnesses (such as the flu) that are circulating right now, and people are at a much greater risk of getting the flu than COVID-19.
* The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
* It is not too late to get the flu vaccine. Call Jefferson County Public Health in Lakewood for an appointment: 303.239.7078.
* Symptoms of respiratory viruses, including the COVID-19, include fever, cough, and shortness of breath. Any of these illnesses can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain & fever-reducing medications.

**PREVENTION & PREPARATION**

**(Gilpin County Public Health)**

Just as you would prepare for a 100-year snowfall, ensuring you and your family are equipped to manage illness at home and in the community is important. ARE YOU READY? Here are some tips and suggestions to help keep you and your family safe and calm as we manage through a potential COVID-19 spread in our community.

* **Keep VERY clean hands:** it’s the do-it-yourself vaccine! (And it’s extremely effective). Wash your hands frequently with soap and water for at least 20 seconds. Keep your hands off of your face, and cover coughs and sneezes with a tissue and throw away immediately. No tissue? Use your upper arm or sleeve.
* **Frequently clean surfaces and often-touched items:** phones, doorknobs, tables, counters, etc.
* **Make a plan:** are there members of your family at greater risk for complications from COVID-19 or the flu? Consult with their healthcare provider to make sure you understand how to care for them should they become sick.
* **Prepare in case you or a family member becomes ill and you need to stay home.** Do you have enough food, medications, supplies, and water to be home for a few days?
* **Most cases of COVID-19 and the flu are MILD.** Recovery often means isolating at home. Don’t go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis, where possible.
* **Stay calm.** Recognize signs of stress and take steps to find balance. Make a plan, stick with normal, healthy routines.

 **If you feel sick and have symptoms:**

• Stay home

• Avoid contact with others

• If you have recent travel history and are concerned you have been exposed to COVID-19, contact your healthcare provider and Gilpin County Public Health, 303.582.5803