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COVID-19 Information

It is always best to know what is happening around you and to have situational awareness. So please read the following information on COVID-19. This is the most up to date information.

Custer County Emergency Management and Custer County Public Health will be issuing further information and statements. If there is a place where we can provide this information that would be more helpful to our community or if you have questions, please feel free to contact Elisa Livengood at 719-458-9211.

Please know that there is a local, state, and national plan in place for all levels of this disease as well as others such as Flu.

What is Corona Virus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is COVID – 19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the Symptoms of COVID-19?

The **most common symptoms** of COVID-19 are fever, tiredness, and dry cough. **Some patients** may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses?fbclid=IwAR3z1hQgikHwbHFCOPHDVKfNzMuxDZ7UALQKpC2GTi55xetgp9IKn-gzxQ4>
<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
<https://www.colorado.gov/cdphe>



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medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough AND difficulty breathing should seek medical attention.

How does COVID-19 Spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

What can I Do to Protect Myself and Prevent the Spread of Disease?

Protection measures for everyone

Stay aware of the latest information on the COVID-19 outbreak. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others that have an already compromised immune system. Take care of your health and protect others by doing the following:

- Regularly and thoroughly wash your hands with soap and warm water and an alcohol-based hand rub in-between handwashing.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth.
Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

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- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.
Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves

How Likely am I to Catch COVID-19?

The risk depends on where you live or where you have travelled recently. The risk of infection is higher in areas where a number people have been diagnosed with COVID-19. More than 95% of all COVID-19 cases are occurring in China, with the majority of those in Hubei Province. **For people in most other parts of the world, your risk of getting COVID-19 is currently low, however, it's important to be aware of the situation and preparedness efforts in your area.**

Should I Worry About COVID-19?

If you are not in an area where COVID-19 is spreading, or if you have not travelled from one of those areas or have not been in close contact with someone who has and is feeling unwell, **your chances of getting it are currently low. However, it's understandable that you may feel stressed and anxious about the situation.** It's a good idea to get the facts to help you accurately determine your risks so that you can take reasonable precautions. Your healthcare provider, your national public health authority and your employer are all potential sources of accurate information on COVID-19 and whether it is in your area. It is important to be informed

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of the situation where you live and take appropriate measures to protect yourself.

(See Protection measures for everyone above).

If you are in an area where there is an outbreak of COVID-19 you need to take the risk of infection seriously. Follow the advice issued by national and local health authorities. Although for most people COVID-19 causes only mild illness, it can make some people very ill. More rarely, the disease can be fatal. Older people, and those with pre-existing medical conditions (such as high blood pressure, heart problems or diabetes) appear to be more vulnerable.

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