



Testing is Not Treatment! March 19, 2020 at 1:15pm

As the COVID19 virus spreads throughout our state and nation, we are actively pursuing testing capabilities for our community. Unfortunately, testing capabilities are still very limited across our nation, state and region. We must keep in mind that testing is not treatment! In the meantime, we need to **treat** symptomatic patients as if they have tested positive.

Treatment includes isolation of the patient, symptom management, and contact investigation by Public Health.

Isolation is a routine procedure in hospitals but can also be carried out in the home. This separates sick people with a contagious disease from people who are not sick.

Symptom management includes rest, increased fluids, pain/fever reducing medication, etc.

Contact investigation by Public Health involves notifying others who had exposure to the patient, and quarantining those who are not yet sick, but who may have been exposed. That could include household members of the patient, co-workers, or others the sick individual spent a great deal of time with (within six feet of for 10 minutes or more). It is now believed that one infected person will likely infect four others. While symptoms are more minor for some 80% of patients, for others they are severe and even deadly.

To prevent this spread, and a major outbreak in Custer County, we are asking you to begin **NOW** with social distancing and staying home! By doing this, we can prevent our healthcare system in Southern Colorado from being overwhelmed. Please stay home if possible. If not, our state directive called Social Distancing Public Health Order #20-23, dated March 19, 2020, states that no more than 10 people can be in one space, and they should remain 6 feet apart. This order is for 30 days.

Do things that are healthy – go outside for a walk, by self or with family, drink plenty of water, eat healthfully, read, write a letter, be in touch with distant friends and relatives, meditate, etc!

To report symptoms of cough, shortness of breath, and fever, or to report contact with a COVID19 positive person, please call Custer County Public Health Agency at 719-783-3369. For behavioral health support, call SolVista at 783-0566 or 719-275-2351.

By distancing ourselves now, this wonderful community will come together later!