Gunnison County Department of Health and Human Services envisions the reopening of businesses, and our community going as smoothly as possible. Our goal is to have businesses and customers follow current CDC, OSHA and CDPHE guidelines in order to support the safety of our businesses and community. Listed below are current guidelines for best practices in operating your business during this pandemic.

Routine prevention on your part will support the health of you, your coworkers and the ability for the community to reduce the risk of COVID19 spread and remain open and healthy.

Routine prevention includes the following:

- Regular handwashing. If soap and water are not readily available, provide alcohol-based hand sanitizer, containing at least 60% alcohol
- Have ample supplies of hand sanitizer for your employees and consider offering to customers as well especially after a transaction.
- Cleaning surfaces (sanitizing) and disinfecting surfaces frequently
- Maintaining physical (social) distance
- Employees and Customers wearing masks (see Appendix A)
- Insulate at-risk employees (those over age 65 or with underlying health conditions)
- Symptom checking prior to working
- Require sick staff to stay home

Environmental cleaning:

- Perform routine cleaning and disinfecting of frequently touched surfaces by customers and employees such as counters, registers, door handles/knobs, workstations and countertops. If possible, in your workplace, clean between each individual customer

- Follow the directions on the label for disinfectants used

- Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks, grocery carts, etc.) can be wiped down by employees before each use, and by customers, if possible

- Place posters that encourage [staying home when sick](), [cough and sneeze etiquette](), and [hand hygiene]() at the entrance to your workplace and in other workplace areas where they are likely to be seen.

Tips on social distancing and customer service:

- Consider pre-packaging goods to limit product handling

- Limit customer handling, touching, smelling, and sampling of products prior to purchase

- Adopt practices that encourage line management and reduce wait time for customers

- Some businesses may encourage customers to wait outside [with ample physical (social) distancing] through management of queuing or text system; that allows for customers to wait for their purchase away from a line of customers or in the relative safety of a car in a parking lot.

Anticipate changing guidelines:

- Flexibility and understanding that the possibility of outbreaks could mean changes in practices or closures for businesses

- Our focus is to reduce the risk of spread with all cases as quickly as possible. This is accomplished by isolating those who test positive or are suspected positive for COVID19

- Self-isolation requirements for virus mitigation in our community could leave establishments short staffed and a backup staffing plan may need to be considered

Due to the newness of the coronavirus and the global pandemic, anticipate that guidelines, recommendations, and situations could change over time. The health of our citizens is our greatest resource and we need to protect one another. We are actively monitoring COVID19 outbreak information in our county. We are also watching the data reporting for the neighboring counties, the State of Colorado and across the Nation and beyond. We are posting the Gunnison County data on the [covid19.gunnisoncounty.org/]() website. We are working to make the Gunnison County data monitoring automatic with the use of databases and regular updates. In addition, we are looking at the best system to have a regular, ongoing data monitoring, to include:

1. **GVH Data:** thresholds that push the ability for the health system to care for community members.

2. **Public Health Data**: thresholds that reflect an increase in disease cases and put the community at risk.

The thresholds and triggers related to the data are still under review and will be made public as soon as they become available.

Employees who are ill or who may have been exposed to illness:

- A wide range of symptoms have been reported for COVID-19, ranging from mild to severe illness. Symptoms may appear 2-14 days after an individual's exposure to the virus and may include:

  - Cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, and/ or new loss of taste or smell.

  - Other less common symptoms have been reported like nausea, vomiting, diarrhea or rash.

  - See Appendix B for a comparison of COVID-19 symptoms compared to other similar illnesses

- Employees experiencing fever or symptoms of respiratory illness should stay home and follow the directions for self-isolation [covid19.colorado.gov/how-to-isolate], which includes advice on when to contact a health care provider

- Employees (who are not wearing a mask) who have been in close contact with an exposed or symptomatic person (within 6 feet for at least 10 minutes) should not report to work and should self-quarantine. [covid19.colorado.gov/how-to-quarantine]

  Wearing a mask can reduce your chance of exposure and need to self isolate!

What if an employee tests positive for COVID19?

- If an employee tests positive they will be required to isolate at home for at least 10 days from symptom onset and to monitor their symptoms. Employees must remain home until they have recovered.

- *RECOVERY* is defined as resolution of fever without the use of fever-reducing medications for 72 hours **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and,**

- At least 10 days have passed *since symptoms first appeared*.

- **If the employee who tested positive was in close contact with other employees, all other employees that were within a distance of 6 ft., for greater than 10 minutes _without_ masks, are recommended to be tested and required to isolate for 10 days and monitor their symptoms**.

If the employee who tested positive was wearing a mask during all encounters with others, and the other employees were all wearing masks, close contacts will _**not**_ be required to self-isolate and get tested, as it relates to this exposure.

Please encourage employees with a possible close contact COVID19 exposure to call the **Gunnison County COVID19 hotline at 970-641-7660.** The call center will give the appropriate next steps.

By implementing the above-mentioned safety precautions, we hope to prevent the shutdown of business in our community due to another outbreak of COVID19 in Gunnison County. There are external factors that may impact our County (e.g. outbreaks in other areas of Colorado or nationally) that could be out of our control.

If you have questions, please contact Gunnison County Department of Health and Human Services at (970) 641-3244.

Appendix A: Utility of mask-wearing.
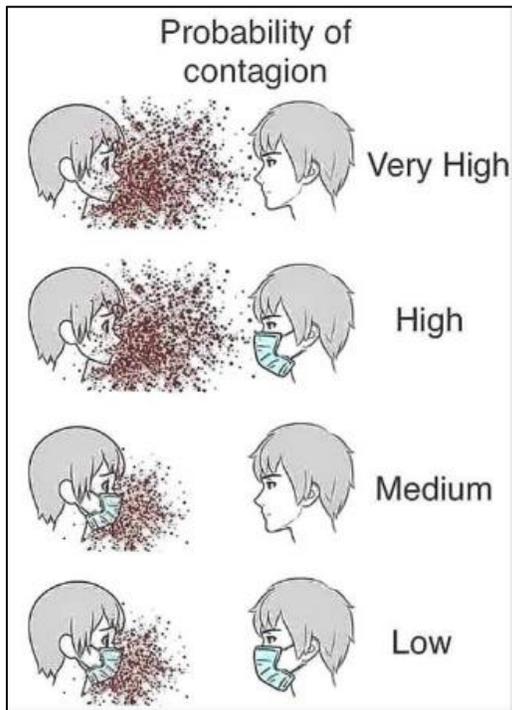
Appendix B: Symptoms of COVID compared to other diseases.

Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

Symptoms	ALLERGIES	COLD	INFLUENZA	COVID-19
Symptoms begin	Gradually	Gradually	Abruptly	Within 14 days of exposure
Symptoms last	Allergy season	4 – 10 days	5 – 7 days	Varies by Person
Body aches	–	✓	✓	Sometimes
Chills	–	Less Common	✓	Sometimes
Dry cough	✓	✓	✓	✓
Exposure to germs	–	✓	✓	✓
Fatigue/Weakness	Sometimes	✓	✓	✓
Fever	–	Less Common	✓	✓
Headaches	✓	Less Common	✓	Sometimes
Itchy eyes	✓	–	–	–
Nasal Congestion	✓	✓	✓	Less Common
Nausea/Vomiting/Diarrhea	–	Sometimes	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	Sometimes	✓
Repeated shaking with chills	–	Sometimes	Sometimes	Sometimes
Runny nose	✓	✓	✓	Less Common
Sneeze	✓	✓	✓	Sometimes
Sore throat	Sometimes	✓	✓	Sometimes
Shortness of breath	Sometimes	Less Common	✓	✓
Symptoms get worse	–	–	✓	✓

Think You Have COVID-19?
Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.