Containment Packet Definitions and Information

Gunnison County COLORADO | **Coronavirus Resources**

Symptoms of COVID 19:

MAJOR	MINOR
• Feeling feverish & chills • Temp >100.4 • Loss of taste or smell • New or unexplained cough • Shortness of breath • Difficulty breathing	• Sore throat • Runny nose • Congestion • Muscle or body aches • Headache • Fatigue • Nausea/vomiting • Diarrhea

Isolation: Isolation is used to separate people infected with the virus (those who are *sick* with COVID-19 and those with no symptoms but are positive for COVID-19) from people who are not infected. People who are in isolation need to remain isolated until it's safe for them to be around others. In Gunnison County, isolation begins at symptoms onset and continues for 10 days and will include being fever free for 24 hours and symptoms improving.

Quarantine: Quarantine is designed to keep someone who may have been *exposed* to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. In Gunnison County, quarantine begins at the last time of exposure and continues for 14 days. Remember, if symptoms develop, a person's quarantine can turn into required isolation.

Close Contact: People who have been within 6 feet of a person infected with COVID-19 for at least 15 minutes without wearing appropriate personal protective equipment (PPE) (such as a mask, gloves, and eye protection). A person with COVID-19 is able to spread the virus two days before their symptoms started and up to 14 days after exposure.

Outbreak: According to the Colorado Department of Public Health and Environment, the following define outbreaks;
- Confirmed outbreak: Two or more Confirmed cases of COVID-19 in a workplace/facility with onset within a 14 day period; with no outside connection (ex: roommates, married, etc.)
- Suspected outbreak: Two or more probable COVID-19 cases (or one confirmed COVID-19 case and one or more probable COVID-19 cases) in a workplace/facility with onset in a 14-day period.

COVID-19 Outbreak form: an example of the reporting form is found at the end of this document. This form is required by the State of Colorado to be filled out and submitted within 24 hours of known outbreak.

Contact tracing:
Contact tracing is used by health departments to prevent the spread of infectious disease. In general, contact tracing involves identifying people who have an infectious disease (cases) and their contacts (people who may have been exposed) and working with them to interrupt disease transmission. For COVID-19, this includes asking cases to isolate for 10 days and contacts to quarantine for 14 days at home.
Contact tracing for COVID-19 typically involves
- Interviewing people with COVID-19 to identify everyone with whom they had close contact during the time they may have been infectious
- Notifying contacts of their potential exposure
- Referring contacts for testing
- Monitoring contacts for signs and symptoms of COVID-19
- Connecting contacts with services they might need during the self-quarantine period

To prevent the further spread of disease, COVID-19 contacts are asked to stay home and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to a person with COVID-19. Contacts should monitor themselves by checking their temperature twice daily and watching for symptoms of COVID-19.

- **What if I have been around someone who was identified as a close contact?**
  If you have been around someone who was identified as a close contact to a person with COVID-19, you should closely monitor yourself for any symptoms of COVID-19. You do not need to self-quarantine. If symptoms develop, notify the Gunnison County Public Health by calling the Gunnison County Health Hotline (the Call Center) by calling (970) 641-6770 and selecting option 1.
- **How will contact tracers contact people?**
  Initial contact is by phone. If a voicemail is left, please call back at the phone number provided.

Line List: a line list is a way of organizing and monitoring employee health as it relates to COVID-19.

Re-Opening Plan: Also known as a "Critical Analysis". After a business or organization has been required to close due to a COVID-19 outbreak, a plan must be developed that addresses social distancing, masks, appropriate disinfecting and cleaning, etc. This plan is dynamic, it is in direct response to the initial analysis that was created at closure.

Community Resources: During the initial pandemic response, many came together to start providing resources for community members in need. That list of resources has grown over the last few months, and can be found by visiting
https://covid19.gunnisoncounty.org/community-resources/

- Delivery Assistance Hotline at (970) 641-7959
  - IF ON QUARANTINE OR IN ISOLATION, USE DELIVERY ASSISTANCE EVEN IF NO SYMPTOMS ARE NOTED
- The Gunnison Valley Hospital can be reached at (970) 641-1456
- For telehealth options:
  - The Family Medicine Clinic, please call (970) 642-8413
  - Gunnison Valley Family Practitioners, please call (970) 641-0211
- If you are unable to access the information from the website, please reach out to Health and Human Services at (970) 641-3244, and ask to speak to a public health nurse.