**Do Your Part to Slow the Spread**

### If you have any of these symptoms:
- Fever greater than 100.4 °F
- New cough
- Difficulty breathing
- Extreme fatigue
- Sore throat
- Runny nose
- Diarrhea
- Loss of taste or smell

**Stay Safe and Isolate**
- Call (970) 641-7660 to be screened for a test
- Isolate for 10 days from symptom onset and stay at home, except for medical care.
- For community resources, visit covid19.gunnisoncounty.org
- Reach out to the delivery assistance hotline for assistance with groceries, prescriptions, etc. at (970) 641-7959
- Call 911 for a medical emergency

### If you have had contact* with a confirmed positive case or someone experiencing symptoms

*Contact is defined as being within 6 feet of a person for 15 minutes or more without both parties wearing a mask

**Stay Home and Quarantine**
- For 14 days regardless of symptoms
- Check your temperature twice a day
- Do not leave home except for medical care
- Monitor symptoms, new or worsening
- Reach out to the call center to be screened (970) 641-7660

### If you have not had any symptoms or contact with an individual who has tested positive

*Minimize contact with others

**Stay Home, Wear a Mask, Social Distance, and Wash Your Hands**
- Stay at home as much as possible
- Wear your mask in public
- Only go out for essential needs and travel
- Avoid groups
- Maintain 6 feet distance from others
- Wash your hands often
- Use hand sanitizer