Coronavirus Disease 2019 (COVID-19) Fact Sheet

Last updated 3/3/20

What you need to know about COVID-19

There are currently no confirmed cases of COVID-19 in Colorado. The state's public health system is putting resources in place to quickly identify and evaluate suspected cases in order to minimize community spread

Preparedness is key to slowing the spread of this disease and everyone can play a role. We advise you to stay informed with reliable sources of information and know the facts about COVID-19.

Stay informed

CO HELP: COVID-19 hotline	Sources for public health information
For answers in many languages including English, Spanish (Español), Mandarin (普通话), and more: ● Call 303-389-1687 or 1-877-462-2911 ● Email COHELP@RMPDC.org If you have symptoms and think you have been exposed, call a health care provider.	● State public health web page: colorado.gov/cdphe/2019-novel-coronavirus ● Facebook (facebook.com/CDPHE) and Twitter (@CDPHE) ● CDC web page cdc.gov/coronavirus/2019-ncov

How it spreads

Since COVID-19 is a new disease and there is more to learn about the virus, the current understanding about how it spreads is largely based on what is known about similar respiratory illnesses.
- Person to person contact:
    - To become sick, you have to be exposed to the virus. CDC defines exposure as being within 6 feet (2 meters) of someone with a confirmed infection for a prolonged period of time.
    - Exposure can occur through respiratory droplets-- when an infected person coughs or sneezes, similar to how flu and other respiratory viruses spread.
- Infected surfaces or objects:
    - It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
- For these reasons, people at increased risk of infection are:
    - People who have been to areas where widespread community transmission is occurring.
    - People who had direct close contact with someone who was confirmed to have COVID-19.
- Like any other virus, no identity, community, ethnic, or racial group in Colorado is more at risk for getting or spreading COVID-19.

- Following federal guidance, state and local public health agencies are working together to evaluate Colorado travelers returning from areas where widespread community transmission is occurring, in order to determine the need for monitoring, quarantine, or other restriction of movement and activities.

Symptoms and severity
- Symptoms of COVID-19, include fever, cough, and shortness of breath.
- Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.

Protecting yourself and others from COVID-19
There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). Below are suggested measures from the CDC that can prevent the spread of respiratory diseases:
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick and keep your children at home when they are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- It is important to call ahead before going to see a doctor or emergency room to prevent the spread of illness. Tell them your symptoms and that you suspect you were exposed to someone with COVID-19 or had recent travel to a country that is experiencing community spread.

COVID-19 in the community
- Community spread is being detected in a growing number of countries. Additionally, there is early evidence of some community transmission in a few states. If you have any symptoms and are concerned, you should contact a health care provider.
- Colorado continues to work closely with CDC and organizations across the state to ensure our response is proactive, strong, and collaborative.
- Currently, there are no known cases of COVID-19 in Colorado.