

## Overview

Colorado state and local public health agencies are working to limit and slow spread COVID-19, and everyone can help. Thank you for being proactive about your health and the health and safety of others in Colorado.

We advise you to stay informed with reliable sources of information, to take everyday actions to protect yourself and those you love, and to share accurate information with neighbors, friends and co-workers, especially people who may have difficulty receiving or understanding the information.

## Test results

- **Testing turnaround time**
    - Testing results should be complete within 72 hours.
    - In the event of an increased volume in tests, these results may be delayed.
  - **How to get your results**
    - You will be contacted with results as soon as possible. **Do not call for your results.**
- For people with negative test results**
- State public health started notifying people of their results on March 14. We are working as quickly as we can to get these results to you.
- For people with positive test results**
- State or local public health, or your healthcare provider, will contact you with your results.

## What To Do Now

- **Stay at home, avoid public places and public transportation (e.g. buses, rideshares) until you have your test results.**
- Keep your children and other close contacts home if they are sick.
- Separate yourself from other household members. Use a separate bedroom and bathroom if possible.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Refer to the CDC for more information:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

## What to Do If Your Symptoms Get Worse

**CALL BEFORE YOU GO.** Unless you are having a medical emergency, it is important to call ahead before going to a health care facility. Tell them your symptoms and that you were tested for COVID-19 at the state community testing center and are waiting for results.

## REDUCE

Your Risk

## TAKE ACTIONS

To help yourself be calm and prepared

## CALL

Your health care provider if you are experiencing symptoms

### Still Have Concerns?

- Help reduce your stress by:
  - learning how to reduce your risk
  - learning what actions to you can take and
  - knowing what to do if your symptoms get worse before you go see your provider or emergency room
- Talk to someone. Colorado Crisis Services offers free, confidential, professional, 24/7 support at 1-844-493-8255; Text “TALK” to 38255

### Actions to take to help you be prepared

- **CREATE** plans to help you and your family be prepared.
  - [FEMA: Guidance for COVID-19 preparedness \(https://www.ready.gov/\)](https://www.ready.gov/)
  - [CDC: Getting your household ready for COVID-19 \(https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html)
- **LEARN** how COVID-19 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 (about 10 minutes).
  - 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 your mouth, nose, or possibly your eyes but this is not thought to be the main way the virus spreads
- 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 has COVID-19.

### COVID-19 hotline for general questions

- Call 303-389-1687 or 1-877-462-2911 for answers in many languages including English, Spanish (Español), Mandarin (普通话), and more.
- Email [COHELP@RMPDC.org](mailto:COHELP@RMPDC.org) (answers in English only).