

PRESS RELEASE

Kit Carson County Dept. of Public Health and Environment
COVID-19 Public Action Plan

Contact: Dawn James, KCC Public Health Director, KCCDPHE Public Information Officer

Phone Number: 719-346-7158, ext. 116 E-Mail: hhsdj@kitcarsoncounty.org

Community Planning Underway for Covid-19 Preparation

The Kit Carson County Healthcare Coalition, (which consists of KCC Public Health, the KCC Health Services District, KCC Ambulance, the KCC Office of Emergency Preparedness, Grace Manor Care Center, Community Ambulance Service, Flagler Clinic, KCC Sheriff, Burlington PD, County and City Administration and the KCC Coroner) along with local school district superintendents have formed a COVID-19 community task force to work together in addressing the possible impact of the Novel Coronavirus (COVID-19) pandemic now present in the United States. While only one positive case of COVID-19 has been identified in Colorado as of this writing, the KCC COVID-19 Task Force is working together to utilize existing pandemic plans and are ready to implement a response plan that will assist the community in information sharing as well as preventing, testing, and treating the virus should it become more widespread in our area.

The priority is keeping the people in Kit Carson County safe. We are monitoring the situation in real time and are prepared to respond should we have a known case in our county. The Task Force is being led by the Kit Carson County Department of Public Health and is following federal guidance, to assess and test any suspected cases, identify people who may have been exposed, and determine the need for monitoring, isolation, quarantine, or other restriction of movement and activities.

Under current circumstances, certain people will have an increased risk of infection:

- People who have traveled 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 Kit Carson County is more at risk for getting or spreading COVID-19.

We advise Kit Carson County residents to stay informed and to take simple preventive actions including:

- Practice good hygiene. Thoroughly wash your hands with soap and water. In the absence of soap and water, use hand-sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with your elbow or sleeve. If you cough into a tissue, throw the tissue in the trash and wash your hands.
- Avoid touching your eyes, nose and mouth with unwashed hands.

- Stay home if you are sick. Keep your children home from school or daycare if they are sick.
- If you are not sick, it is not recommended to purchase masks, as they only protect others from you, they do not protect you from others. We ask that masks be reserved for people who are sick and healthcare providers who need to help you stay protected!
- If you are sick and believe you may have been exposed to COVID-19, call your healthcare provider's office or hospital before you go there and let them know. They will give you specific guidance about where to go for evaluation so you don't expose others in the clinic or hospital.
- We advise Kit Carson County Residents to always be prepared for an emergency-- like a large snowstorm-- and have a plan for your family. Make sure to have 72 hours of key supplies on hand like medications, infant formula, diapers, pet food, etc. FEMA guidance for pre-pandemic COVID-19 preparedness is available on [Ready.gov](https://www.fema.gov).

Stay informed with reliable, up-to-date information. People who have general questions about COVID-19 can call CO HELP at 303-389-1687 or 1-877-462-2911 or email them at COHELP@RMPDC.org for answers in English, Spanish and other languages.

You can also call your local public health office where any of the public health nurses can help with your questions. The number for Kit Carson County Department of Public Health and Environment is 719-346-7158.

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