



Public Health

Communicable Disease and Emergency Management Division

Notice of Isolation

Boulder County Public Health has determined that you have symptoms consistent with or have tested positive for 2019 Novel Coronavirus disease, also known as COVID-19.

Individuals infected with COVID-19 may be contagious before their symptoms start until their symptoms end. To help stop the spread of disease, individuals with COVID-19 must be kept separate from people who are healthy; this is called isolation.

This letter requires you to follow the instructions below until you have had no fever for at least 24 hours (without the use of fever-reducing medicines), AND your symptoms are improving, AND it has been at least 10 days since your illness began. (Per Colorado Revised Statute § 25-1.5-102(1).)

Note: people who were asymptomatic during their infection may discontinue isolation 10 days after the date of their first positive test unless they develop symptoms. If symptoms develop during your isolation period, the isolation period should be extended using the symptom onset date and the above criteria.

1. Stay home, except to get medical care.

- Before seeking ANY in-person medical attention, you **MUST** call and tell your healthcare provider that you have, or are being evaluated for, COVID-19, so the office can take steps to protect other people.
- Do not travel by airplane, ship, bus, or train.
- Do not use public transportation, such as light rail, bus, or taxi, or rideshare (e.g. Uber, Lyft).
- Notify public health of all travel plans.
- Remain in the location that has been designated for your isolation.
 - Do not go to work or school. Working from a home-based office is permitted.
 - Do not go to any other public places, such as stores, bank, etc.

2. Separate yourself from the people and animals in your home.

- As much as possible, stay in one room and away from other people in your home.
 - Use a separate bathroom, if available. If one is not available, disinfect all surfaces you touch before leaving the bathroom or have a member of the household disinfect after waiting as long as possible before entering and wash hands thoroughly afterward.
- Have another member of your household care for your pets. If you must care for your pet, wear a face covering and wash your hands before and after you interact with your pet. This is to ensure the virus doesn't transfer from you to others in the home via the pet.

3. Wear a face covering when you are around people or pets, and before entering a health care office.

- If you are not able to wear a face covering, then make sure others are not in the same room with you, or they wear a face covering if they must enter your room.

4. Monitor your symptoms.

- Seek prompt medical attention if your illness worsens (e.g., difficulty breathing). Before seeking in-person medical attention you **must** call and inform your healthcare providers that you have, or are being evaluated for, COVID-19. Put on a face covering before entering a medical facility.



- If you have a medical emergency and need to call 911, you **must** notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a face covering before emergency medical services arrive.

5. Practice actions that protect others.

- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds.
 - If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is best if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes.
 - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
 - Immediately clean your hands (see above).
- Avoid sharing personal household items.
 - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - After using any items you may share with others, , wash them thoroughly with soap and water.
- Clean surfaces every day.
 - Clean frequently-touched surfaces like counters, tabletops, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, poop, or body fluids on them.
 - Use a regular household cleaning spray or wipe. Follow the instructions on the label for correct and safe use.

You may stop home isolation when you have had no fever for at least 24 hours (without the use of fever-reducing medicines), your symptoms are improving, and it has been at least 10 days since the start of your illness.

If you need emergency assistance, food and financial assistance, health care and mental health care supports, help with housing, safety supports, child care assistance, legal services, and more, please visit:

www.boco.org/COVID-19Resources

If you have any questions about these instructions, please contact the Boulder County Public Health Communicable Disease team at 303-413-7523. Thank you for your commitment to the health and safety of the community.