



Public Health

Communicable Disease and Emergency Management Division

Notice of Quarantine/Isolation

Boulder County Public Health has determined that you were recently exposed to 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, anyone who may have been in close contact with someone with COVID-19 must be kept separate from people who are healthy; this is called quarantine.

This letter requires you to follow the instructions below until you remain symptom-free for 14 days after your last known close contact with someone with COVID-19. (Per Colorado Revised Statute §25-1-506(3)(b).) **Even if you test negative for COVID-19 or feel healthy, you are required to quarantine since symptoms may appear 2 to 14 days after exposure to the virus.**

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 or use any public transportation, such as light rail, bus, taxi, or rideshare (e.g. Uber, Lyft).
- Do not go to school or work.* Working from a home-based office is permitted.
- Do not go to any other public places, such as stores, banks, open spaces away from home, etc. Have others run errands for you, if necessary.

** Please contact Boulder County Public Health if your workplace, school, or medical provider has asked you to end your quarantine earlier than discussed with public health.*

2. Monitor your symptoms.

- Monitor your health for fever, cough, and shortness of breath for 14 days after the last day you were in close contact with the person sick with COVID-19.
- If you become ill and need medical attention (e.g., breathing becomes difficult) you **MUST** first call and inform your health care provider that you have, or are being evaluated for COVID-19.
- 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 the emergency medical personnel arrives.

3. Practice actions that protect others.

- Clean your hands often.
 - Thoroughly 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 containing at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands, and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Maintain a 6-foot distance from all others as much as possible.
- Cover your coughs and sneezes.



- Cover your mouth and nose with a tissue whenever you cough or sneeze, and then throw the tissue away. If a tissue is not available, cough/sneeze into your inner elbow or sleeve.
- Immediately clean your hands (see above).
- Avoid sharing personal household items.
 - Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with any 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 all 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 disinfectant wipe. Follow the instructions on the label for correct and safe use.

If you do not develop symptoms within 14 days after your last known exposure to someone with COVID-19, you are no longer at risk from that specific exposure. However, you must still follow the [current Boulder County requirements](#) and precautions aimed at stopping the spread of the virus.

If you become ill during the quarantine period:

- Stay separated from people who are healthy (e.g. isolate) until you have had no fever for at least 24 hours (without the use of fever-reducing medicines), AND symptoms have improved, AND it has been at least 10 days since symptoms began.
- Separate yourself from other people and from animals in your home.
 - As much as possible, stay in a specific room and away from all 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.
- Wear a face mask/covering when you are around all other people or pets and before you enter a health care provider's 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.

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

For more information on how long to quarantine, please visit the [Boulder County Public Health website](#). 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.