

April 6, 2020

Dear Resident,

We hope that communications from Boulder Housing Partners have been helpful as we all work together to protect our community. We continue to communicate regularly with Boulder County Public Health officials to make sure that our policies and procedures are aligned with their recommendations. For a summary of steps BHP has taken in response to COVID-19, please visit <https://boulderhousing.org/latest-updates-regarding-covid-19>.

Today we are sharing Boulder County Public Health's information on what to do if you have symptoms of COVID-19 or a physician has told you that you have COVID19 (see attachments). While your health is private information between you and your doctor, *we request that if you have been found to be positive or presumptive positive with COVID-19 to please contact your service coordinator* to help connect you with resources you may need during this challenging time of self-isolation.

Since research indicates that COVID-19 can be transmitted even if a person is not showing symptoms, emphasis continues to be on the importance of staying at least 6 feet away from others, washing your hands regularly, and now, wearing a mask, when going outside your apartment to retrieve your mail, do laundry, pick up any deliveries, or go for a walk. For more information on how to create masks with items you may already have in your home: <https://www.coloradomaskproject.com/>

We are grateful for your cooperation and are here to support you however we can. Please let us know if you have any questions or concerns. For additional information, please visit <https://covid19.colorado.gov/> .

Be well,

Lyndall Ellingson

Resident Service Program Manager

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Public Health

Communicable Disease and Emergency Management Division

If you believe you may have symptoms of COVID-19 or a physician has told you that you may COVID-19, please follow the guidance below-

Stay home, except to get medical care.

- Prior to seeking ANY medical attention in an office, clinic, or hospital, you **must** call and inform your healthcare providers 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, long-distance bus, or train.
- Any other travel should be coordinated with public health.
- Do not use public transportation, such as light rail, bus, or taxi.
- Remain in the location that has been designated for your isolation.
 - Do not go to work. Working from a home-based office is permitted.
 - Do not go to school, grocery stores or other public places.

Separate yourself from other people and animals in your home.

- As much as possible, stay in a specific room and away from other people in your home.
- Use a separate bathroom, if available.
- Have another member of your household care for your pets. If you must care for your pet, wear a face mask, and wash your hands before and after you interact with your pet.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is best for people sick with COVID-19 to limit contact with animals until we know more about the virus.

If possible, wear a face mask when you are around other people or pets, and before you enter a health care provider's office.

- If you are not able to wear a face mask, then people who live with you should not be in the same room with you, or they should wear a face mask if they enter your room.

Monitor your symptoms

- Seek prompt medical attention if your illness worsens (e.g., difficulty breathing). Prior to seeking ANY medical attention in an office, clinic, or hospital, you **must** call and inform your healthcare providers that you have, or are being evaluated for, COVID-19. Put on a face mask before you enter the 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 mask before emergency medical services arrive.

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 preferred 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 these items, they should be washed thoroughly with soap and water.
- **Clean surfaces every day**
 - Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

Discontinuing home isolation

- Remain in isolation at home for at least 3 days (72 hours) after recovery. Recovery is defined as no fever without the use of any fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND the passing of at least 7 days since symptoms first appeared.
- If you have questions about when to discontinue home isolation, please contact your physician or public health department for guidance.