

# COVID-19



COVID-19 is a new respiratory illness in circulation causing mostly mild to moderate illness. In some cases, the virus may cause more severe illness or death in older adults or those with chronic health conditions.

## PROTECT YOURSELF AND THOSE AROUND YOU FROM COVID-19

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - *If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.*
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces. The more people you are in contact with, the more likely you are to be exposed to COVID-19
- Get a COVID-19 vaccine
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Stay informed by visiting LAHCDHD website or CDC COVID Websites

## REMEMBER PUBLIC HEALTH IS YOU TOO!

<https://la-h-health.colorado.gov/>

[WWW.CDC.GOV](http://WWW.CDC.GOV)

FOR MORE INFORMATION, CONTACT 719-846-2213 OR 719-738-2650