

## **PUBLIC HEALTH ISOLATION LETTER**

The Pueblo Department of Public Health and Environment (PDPHE) determined you have 2019 Novel Coronavirus disease, referred to in this document as “COVID-19”. Persons infected with COVID-19 may be contagious 48 hours before symptoms begin through the end of symptoms, which warrants isolation. Isolation means separating ill persons who have a contagious disease from those who are healthy to help stop the spread of certain diseases.

Pursuant to the legal authority set forth in § 25-1.5-102(1), C.R.S., this Public Health Isolation Letter directs you to follow the instructions below until you meet the listed criteria to be released from home isolation.

### **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 tested positive for COVID-19, so the office can take steps to protect other people.
- Avoid public transportation (i.e. airplane, ship, bus, long-distance bus, train or taxi)
- Essential travel should be coordinated with public health.
- 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 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 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.

**Release from home isolation**

- Remain under home isolation precautions until:
  - Ten (10) days have passed since your symptoms started AND,
  - You have had no fever for at least 72 hours without fever reducing medication (ibuprofen or acetaminophen) and your symptoms are improving. If you have questions about when to discontinue home isolation, please contact your local public health agency.

**Return to Work Letter**

- We understand that your employer may request that the health department "clear" you for return to work. PDPHE does not issue return to work letters. However, you are welcome to provide a copy of this letter as documentation of our release from isolation policies. Please refer your employer to the release from home isolation section in this letter. Once you have met the criteria with the release from home isolation section, it is appropriate for you to return to work.

If for any reason you do not follow these instructions, public health authorities may issue a Public Health Isolation Order § 25-1-114, C.R.S. When public health orders are not followed, public health agencies can involve law enforcement and the courts.

If you have questions regarding this letter, please contact the Pueblo Department of Public Health and Environment at 719-583-4369.

Sincerely,

Communicable Disease Specialist  
 Community Health Services  
 Pueblo Department of Public Health and Environment