

PUBLIC HEALTH QUARANTINE LETTER

The Pueblo Department of Public Health and Environment (PDPHE) determined you recently have been in contact with an individual who has been confirmed to have 2019 Novel Coronavirus disease, referred to in this document as “COVID-19”. Based on your contact with this person, you have been identified as a person at risk of contracting COVID-19, which warrants quarantine.

Quarantine is used to separate and restrict the movement of well persons who may have been exposed to a contagious disease to see if they become ill. Quarantine can also help limit the spread of contagious disease.

Pursuant to the legal authority set forth in § 25-1.5-102(1), C.R.S., this Public Health Quarantine Letter directs you to follow the instructions listed below:

- Avoid public places for 14 days after the last day you were in close contact with the sick person.
 - 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 quarantine.
 - Do not go to work. Working from a home-based office is permitted.
 - Do not go to school, grocery stores or other public places.
 - If you do not have respiratory symptoms, the Pueblo Department of Public Health and Environment may authorize limited outdoor activities (e.g. take a walk) as long as you maintain a minimum of six feet from any other individual.
- Monitor your health for fever (100.4 degrees Fahrenheit or higher), cough, or shortness of breath for 14 days after the last day you were in close contact with the sick person.
- Notify your primary healthcare provider if you develop fever (temperature greater than 100.4 degrees Fahrenheit) or other symptoms (cough, shortness of breath, chills, body aches, sore throat, headache, diarrhea, runny nose, nausea/vomiting). If you are unable to reach your healthcare provider or do not have a healthcare provider that you see for routine medical care, please refer to <https://covid19.colorado.gov> for telehealth options.
- Wear a face mask when you are around other people or pets, and before you enter a health care provider’s office or go out into public spaces.
- Prior to seeking ANY medical attention in an office, clinic, or hospital, you **must** call and inform your healthcare providers that you are under quarantine for potential contact with COVID-19. You will be informed of precautions you must take to protect against infecting others at the time you are seeking medical attention. If your condition requires calling 911, you **must also inform the 911 operator** that you are under quarantine for potential contact to COVID-19.
- After 14 days from the last day you were in close contact with the sick person, and are symptom free, you may resume all normal activities.

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. Once you have met the criteria (you are symptom free and it has been 14 days since you last had contact with the sick person), it is appropriate for you to return to work.

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