March 22, 2020

FOR IMMEDIATE RELEASE

Northeast Colorado Health Department Investigating Positive COVID-19 Test Results in Logan County

Sterling, Colo – March 22, 2020: Northeast Colorado Health Department (NCHD) has been notified of the first two positive COVID-19 test results in Logan County.

These people are in appropriate isolation. Case investigations are in process and we will be contacting anyone who has had direct contact with the individuals who have tested positive for COVID-19. In order to protect the privacy of the individuals, identifying information and medical records will not be released to the public.

"We understand that people may be anxious and frustrated by limits on gatherings but we are encouraging people to continue refraining from gathering in large groups—it is up to each of us to protect our most vulnerable populations by not giving this virus a chance to spread," said Trish McClain, Director of NCHD. *"The quicker we can flatten the epidemiological curve, the sooner we will be able to return to normal life."*

This now brings our total to six positive COVID-19 test results in northeast Colorado (Yuma County (1), Morgan County (3), Logan County (2)) and we know there are several test results pending from around the area so these numbers will likely continue to increase. If you believe you have been exposed, self-quarantine for 14 days. If you develop any of the cold or flu-like symptoms, self-isolate and contact your primary care

provider. Call ahead so they can make appropriate accommodations. We also understand that there may be some fear and confusion around COVID-19 because it is a new virus. However, we want to remind our communities that NCHD and partnering agencies have been preparing for such an incident as this.

You can help slow the spread of COVID-19, influenza and other viruses by:

- Staying home if you're sick; keeping your children home if they are sick.

- Covering coughs and sneezes with a tissue, then throw the tissue in the trash.

- Avoiding close contact with anyone who has cold or flu-like symptoms.

- Practicing good hygiene.   Thoroughly and frequently wash your hands with soap and water; in the absence of soap and water, use hand-sanitizer with at least 60% alcohol.

- Cleaning and disinfecting frequently touched objects and surfaces.

- Increasing distance between people to six feet.

- Avoiding unnecessary travel.

- Observing the state public health order to limit gatherings to no more than 10 people.

Information about COVID-19 is constantly changing, and the public health response adjusts as we learn more about this virus. Reliable, up-to-date information is available at https://covid19.colorado.gov/ or by calling CO HELP at 303-389-1687 or 1-877-462-2911 or email them at COHELP@RMPDC.org, for answers in English, Spanish (Español), Mandarin (普通话), and more.

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