

FOR IMMEDIATE RELEASE:

**Delta, Colorado, March 24, 2020 – Colorado Department of Public Health & Environment (CDPHE) Reports the First Case of COVID-19 in Delta County**

Delta, CO - Delta County Health Department is investigating its first case of COVID-19 in Delta County.

The individual is a female in her 30s who was in close contact with someone who tested positive from another county in Colorado. She has fully recovered and is cooperating with Delta County Health Department in the ongoing investigation to identify people that she may have had close contact with during the past 14 days. CDPHE defines a case as people who test positive for COVID-19 or people who have symptoms of COVID-19 and were in close contact with someone who tested positive.

Delta County and other community partners have known from the onset that the arrival of COVID-19 to Delta County was likely to occur, and have been taking extraordinary measures to prepare.

“Delta County Health Department and other local health and medical partners have developed a response plan” states Karen O’Brien, Delta County Public Health Director. “The community response plan will focus efforts at reducing the spread of the virus and monitoring of persons who may have been in contact with the individual”.

“We have been working diligently with partners, and are well prepared,” said Robbie LeValley, Delta County Administrator, “Our common goal in all of this, is to reassure the public that we are doing everything we can to ensure the health and safety of Delta County residents and our communities.”

Health officials are reminding residents and guests of the individual precautions they can take towards slowing the spread of any virus that could impact their health, including COVID-19.

**Protect yourself:**

- Practice social distancing
  - Try to keep 6 feet between yourself and other people whenever possible, particularly when you or others are sick. No hugs, no handshakes.
  - Work from home if you can.
  - Keep children and teens from gathering in other public places when school is closed.
  - Stay home.
  - Avoid group gatherings. The smallest group in the largest space poses the least risk. Our current advice is to not attend gatherings of more than 10 people.
- Wash your hands regularly, especially before eating or touching your mouth and nose.
- Avoid close contact with people who are sick.
- If you are sick, stay home.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

**What to do if you’re sick:**

- Stay home if you develop a fever, cough or shortness of breath.
- Wear a mask or cover your cough and sneeze.
- Wash your hands frequently and don’t share personal items (drinking glass or utensils) with others. Call your healthcare provider. Do not show up at a clinic, urgent care or the emergency department without calling ahead.
- Your doctor’s office will assess your illness on the phone and provide information or guidance for you, household members and other close contacts.

- Testing for COVID-19 is not a routine test. Your healthcare provider will assess your symptoms and risk for the disease based on guidance from the Colorado Department of Public Health & Environment.
- Since many of the illnesses are mild, we expect most COVID-19 patients will be isolated in their own home to rest and recover. If possible, sleep in a bedroom and use a bathroom that is not used by other household members.
- There is no antiviral treatment for COVID-19. Getting rest and drinking plenty of fluids will likely be helpful for recovery. Only the most critically ill will be hospitalized.

Public Health officials also recommend residents prepare for an emergency that might require them to stay at home for several days, including having food supplies, water and medications.

**The Delta County Information Call Center, available at (970-874-2172)** is open to calls Monday – Saturday from 8:00a – 6:00p.

If you have general questions about COVID-19, you may call the state’s help line, CO HELP at 1-877-462-2911, or email [COHELP@RMPDC.org](mailto:COHELP@RMPDC.org) or visit [www.deltacounty.com/COVID-19](http://www.deltacounty.com/COVID-19).

For additional information on COVID-19, please visit the following resources:

- Colorado Department of Health and Environment page at: <https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus>
- Centers for Disease Control page at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- For Regional Resources visit Mesa County Health Department’s page at: <http://health.mesacounty.us>