CORONAVIRUS (COVID-19)

North Metro Fire Rescue District is committed to keeping our community and first responders protected from Coronavirus (COVID-19). If you are experiencing symptoms that could be COVID-19, such as fever, cough or shortness of breath, we ask you to take extra precautions in an effort to help prevent the spread of COVID-19 in our community. The following document provides guidelines and information from the U.S. Centers for Disease Control and Prevention (CDC) to help walk you through the process.

Symptoms and Possible Exposure

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 or live in an area with ongoing, widespread community transmission and are experiencing fever, cough or shortness of breath, you might have it, too.

If you have a condition that may increase your risk for a serious viral infection, call your healthcare provider's office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19 and other respiratory infections like influenza. This is especially important if you are at high risk for getting very sick from COVID-19. Higher risk groups include:

- Older people (over age 60), especially those over 80 years.
- People who have chronic medical conditions like heart, lung, kidney disease, or diabetes.
- Older people with chronic medical conditions are at greatest risk.

If you do not have a high-risk condition and your symptoms are mild, you may not need to be evaluated in person or tested for COVID-19. Call your healthcare provider or a nurse line for guidance on the need for testing. There are currently no medications to treat COVID-19.

Positive-Tested or Suspected COVID-19

If you have tested positive or suspect you might have COVID-19, please **stay home, except to get emergent, life-sustaining medical care**.

If you have a medical appointment, call ahead and let them know you have or may have COVID-19, so the office can take steps to protect other people. Otherwise:

- Restrict activities outside your home.
- Do not go to work, school or public areas.
- Avoid using public transportation, ride-shares or taxis.
- **IF YOUR SYMPTOMS ARE MILD, HOME ISOLATION IS ADVISED.**

Separate yourself from other people 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.

What to do if you have a 911 emergency
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or may have COVID-19. If possible, put on a face mask before emergency responders arrive. If possible please wait outside of residence or incident address to meet emergency crews. This will reduce potential exposure to emergency crews.

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.
- Avoid your eyes, nose, and mouth with unwashed hands.
  - 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.
- 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.
- **If you're sick, wear a face mask when you are around other people and before you enter a healthcare 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.

Monitor your symptoms and limit your exposures
- First and foremost, isolate yourself from others and remain at home and out of public places.
- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a face mask before you enter the facility.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a face mask before emergency medical services arrive.

Resources
- CDC: https://www.cdc.gov
- Colorado Department of Public Health and Environment COVID-19 page: https://covid19.colorado.gov/
- CO-HELP is Colorado's call line for COVID-19. People who have general questions about COVID-19 can call CO HELP at 303-389-1687 or 877-462-2911, for answers in many languages, or email them at COHELP@RMPDC.org for answers in English.