



TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT

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MESSAGE FROM THE DIRECTOR OF TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT

Dear Community Members,

As most are aware, the CoVID19 virus has arrived in Colorado. As of this moment there are NO cases in Teller County.

This is a rapidly evolving public health event. It is important that we all work together to keep our community as safe as possible. For accurate, up-to-date information, monitor this Facebook Page, the Teller County web site www.co.teller.co.us, and the Colorado Department of Public Health and Environment webpage, <https://www.colorado.gov/cdphe>, to know when/how the situation may change.

The best way to protect yourself is to follow these basic rules:

1. If you do not feel well - STAY HOME.
2. Wash your hands often with soap and water for at least 20 seconds
 - a. Especially after blowing your nose, coughing, or sneezing.
 - b. And before eating or preparing food
3. Avoid touching your eyes, nose and mouth.
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For further information please visit www.cdc.gov/COVID19