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FOR IMMEDIATE RELEASE  
December 29, 2021

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**Teller County Public Health & Environment  
Will Follow Latest Isolation and Quarantine Guidance**

The Teller County Board of Health and Teller County Public Health and Environment recommend that people follow the latest isolation and quarantine guidance issued by the Centers for Disease Control and Prevention (CDC) and Colorado Department of Public Health and Environment (CDPHE) for the general population.

The change in isolation and quarantine guidance was made using additional scientific data which demonstrates that a majority of SARS-CoV-2 transmission generally occurs 1-2 days prior to the onset of symptoms and 2-3 days after. The CDC now recommends that the general population who test positive for COVID-19 can isolate for only 5 days, followed with wearing a well-fitting mask when around others and in public spaces for an additional 5 days as long as they have no symptoms. The CDC also recommends that anyone who has been exposed to COVID-19 quarantine for 5 days followed by wearing a well-fitting mask for an additional 5 days. The CDC is currently updating quarantine and isolation guidance for those in live in residential or congregate settings (such as long term care), travel, and schools. Best practice recommends testing for SARS-CoV-2 5 days after an exposure, whether or not you have been vaccinated.

For additional information regarding Isolation and Quarantine guidance please visit these websites:

<https://covid19.colorado.gov/how-to-isolate>

<https://covid19.colorado.gov/how-to-quarantine>

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

The Teller County Board of County Commissioners remains concerned about the ongoing physical, mental and economic health of our community. The Board recommends that all members of our community who want to be vaccinated get vaccinated and/or boosted as soon as possible. Please go to [www.tellercovid.com](http://www.tellercovid.com) for more information or to schedule your vaccination appointment. We continue to encourage all residents and businesses to take personal responsibility for helping to fight the spread of COVID-19 in Teller County by staying home when you are ill and avoiding large public gatherings.