



# Montezuma County Public Health Department

106 West North Street  
Cortez, Colorado 81321-3189

(970) 565-3056  
Fax: (970) 565-0647

## PUBLIC HEALTH ISOLATION LETTER

6/6/2020

Austin Cope  
[REDACTED]  
[REDACTED]

Dear Austin:

The Montezuma County Public Health Department (MCPHD) has received your lab results which have confirmed a positive COVID-19 lab result. A positive COVID-19 lab result warrants isolation. Isolation means separating ill or those who are at high risk for being ill with a communicable disease from those who are healthy to stop the spread of certain diseases.

You should be in isolation (stay away from others) until

- You have had no fever for at least 72 hours (that is 3 full days of no temperature greater than 38.0 C or 100.4 F without the use of medicine that reduces fever)  
**AND**
- Other symptoms have improved (for example when your cough or shortness of breath have improved)  
**AND**
- At least 10 days have passed since you were tested on 6/3/2020.

Pursuant to legal authority set in § 25-1.5102(1), C.R.S., this Public Health Isolation Letter directs you to follow the instructions below until you meet the listed criteria for discontinuation of home isolation.

### Stay home, except to get medical care:

- Prior to seeking ANY medical attention in an office, clinic, or hospital, you must call and inform your health care providers that you have or are being evaluated for COVID 19 so the office can take steps to protect other people.
- Do not travel by airplane, ship, long distance bus or train.
- Any other travel should be coordinated with public health.
- Do not use public transportation such as buses, taxis etc.
- Remain in the location that has been designated for your isolation.
  - Do not go to work. Working from a home based office is permitted.
  - Do not go to school, grocery stores or other public places.

- If you need assistance getting groceries please contact the public health department at 970-565-3056

**How to isolate: Separate yourself from other people and animals 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.
- If using common areas with other members of the household, disinfect surfaces after you use them.
- Have another member of your household care for your pets. If you must care for your pets, wear a face mask and wash your hands before and after you interact with your pet.
  - Although there have not been reports of pets or other animals becoming sick with COVID 19 it is best for people sick with COVID 19 to limit contact with animals until we know more about the virus.

**Wear a face mask when you are around other people or pets or if you need to go to a health care facility.**

- If you are not able to wear a face mask, then people who live with you should not be in the same room with you or they should wear a mask if they enter your room.
- If you need help getting a mask, contact the health department at 970-565-3056

If for any reason you do not follow the instructions public health authorities may issue a Public Health Isolation Order § 25-1-114, C.R.S. When public health orders are not followed, public health agencies can involve law enforcement and the courts.

If you have questions regarding this letter, please contact the public health department.

Sincerely,

Bobbi Lock, RN, BSN  
Director  
Montezuma County Public Health Department  
Cortez, CO 81321  
(970)-565-3056