

Dear Clear Creek County

As we head toward the first week of a new school year, the health of our CCC community remains our top priority. Returning to indoor environments among other people inherently presents a risk for transmission of any disease. Although the pandemic may seem behind us, COVID-19 is not gone entirely from Clear Creek, or anywhere your summer travels took you.

Remember, there are important actions we can all take to help keep ourselves, our colleagues, our students, and our community healthy.

If you or your child tests positive for COVID-19, **isolate by staying home for five days**. Day zero is the day you start having symptoms or the day you test positive. CC Public health has tests available for free.

You may end isolation on day five if:

- You have no symptoms, or your symptoms are improving and
- You are fever-free for 24 hours without using fever-reducing medications

After you have ended the isolation and you are feeling better, wear a high-quality mask (e.g., KN95, N95) through day 10. *If your symptoms are not improving and/or you have a fever, isolate until day 10.*

Here are a few helpful resources:

- [Centers for Disease Control \(CDC\) – What to Do if You Were Exposed to COVID-19](#)
- [How Sick Is Too Sick](#) (English), [¿Qué tan enfermo es demasiado enfermo?](#) (Español)

We also recommend keeping in mind the core prevention strategies — keeping distance, wearing masks, and washing hands – for COVID-19 and other infectious diseases.

If you have questions about COVID-19 protocols and prevention strategies, please contact CCC Public health at 303-670-7528.

Thank you for your continued effort to keep the CCC community healthy.

Regards,



Tim Ryan

Director, Public and Environmental Health

