

Media Release

For Immediate Release

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San Juan Basin Public Health Provides Guidance on Novel Coronavirus (COVID-19) Precautions: Think you're sick? Call or click.

Durango, Colo.: San Juan Basin Public Health's (SJBPH) highest concern is for the health and safety of local residents and is prepared to respond to the threat of COVID-19. In order to prevent potential spread COVID-19, the agency is reminding people to take appropriate steps if they believe they have been exposed to the virus. SJBPH is not providing testing for COVID-19. **People who are ill or believe they may have been exposed to the virus should not present at SJBPH.**

Instead, If you have symptoms such as fever, cough, and shortness of breath and you've been in contact with someone confirmed to have novel Coronavirus (COVID-19), or if you've recently traveled to parts of the world with high COVID-19 infection rates such as China, Italy, and South Korea, **you should call your doctor to receive further instruction** and to assess if you meet criteria for testing. If you do not have a doctor, call SJBPH's front desk at 970.247.5702, option 1.

People who are worried about this, or any respiratory virus, like the flu, can protect themselves by practicing everyday actions:

- Cleaning hands with soap and water or alcohol-based hand rub.
- Covering nose and mouth when coughing and sneezing.
- Avoiding close contact with anyone with cold or flu-like symptoms.
- Staying home if you feel sick.
- Getting a flu shot if you haven't gotten one this year.

For the most up to date information, visit SJBPH's website at: <https://sjbpublichealth.org/coronavirus/>

San Juan Basin Public Health is a local public health agency, governed by a seven-member local Board of Health, serving all residents of La Plata and Archuleta counties. For over 70 years, San Juan Basin Public Health has improved the health and environment of the Southwest Colorado community.

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