
REASSURANCE TEAM RESOURCE GUIDE



Wear Your Mask!

MAY 17, 2021
The Senior Hub
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Updates: As of May 17, 2021

Tri-county guidance Status: Caution-Level Clear

As of May 17, 2021 there have been 531,700 known cases of COVID-19 in Colorado, 29,216 have been hospitalized and 6,562 Coloradans have died from COVID-19. If you have any questions about COVID-19, call the general COVID-19 lines at **(303) 389-1687 or (877) 462-2911**.

On April 16, 2021, the state of Colorado removed the dial framework. With this removal of the framework, counties are given the responsibility to provide guidance. However, the state will still provide guidance, restrictions and mandates. It is recommended to follow the strictest guidelines. Under this new framework, Adams and Arapahoe counties are set at level **Clear**. Douglas county has opted out and is under the statewide public health orders.

- **Phase 2: Observation Period, May 16 - August 16 (90 days):** Counties will move to Level Clear, which has no restrictions, subject to TCHD observation of hospital admission rates in the County. In Level Clear, businesses will be able to operate at 100 percent capacity with no Mitigation Requirements, although face-covering requirements may still apply.

On Friday, May 15, the Statewide and County mask mandate expired. Additionally, the CDC released information regarding masking for fully vaccinated individuals. They stated once someone has reached full vaccination status, they do not have to wear a mask to protect themselves or others. The exception to this is where masks are still required in public spaces or by store/business owners. See page 5 for further information regarding masking in public and group gatherings.

Capacity Chart



	LEVEL CLEAR: NEW NORMAL	LEVEL BLUE: CAUTION	LEVEL YELLOW: CONCERN	LEVEL ORANGE: HIGH RISK	LEVEL RED: SEVERE RISK	LEVEL PURPLE: EXTREME RISK
Metric for Phase II –New Hospital Admissions per 100,000 County Residents Over a 14-Day Period	Up to 2.0	Greater than 2.0 and up to 3.0	Greater than 3.0 and up to 4.0	Greater than 4.0 and up to 5.0	Greater than 5.0	Greater than 5.0 and Hospital Capacity is Threatened
HIGH RISK POPULATIONS	Follow CDC guidance for People with Certain Medical Conditions and U.S. Equal Employment Opportunity Commission guidance on What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws . Preventive measures for COVID-19, including vaccination, are important especially if you are older or have multiple health conditions. You can learn about CDC's COVID-19 vaccine recommendations, including how medical conditions and other factors inform recommendations, here .					
PERSONAL GATHERING SIZE	No local capacity restrictions. Must still be attentive to hygiene, symptoms and sanitation and must ensure paid leave policies meet state law requirements to ensure employees remain home when sick. Employers and individuals are strongly encouraged to continue following best practices for disease mitigation.	Follow the CDC guidance on gatherings .	Follow the CDC guidance on gatherings .	Up to 10 people from no more than 2 households.	None; gatherings of 2+ people from different households prohibited.	None; gatherings of 2+ people from different households prohibited.
CHILDCARE		Open	Open	Open	Open	Open
P-12 SCHOOLS		In-person.	In-person suggested, hybrid, or remote as appropriate.	In-person suggested, hybrid, or remote as appropriate.	P-5: in person suggested, hybrid, or remote as appropriate; Middle school: in-person, hybrid, or remote suggested; High school: hybrid or remote suggested.	In-person, hybrid, or remote as appropriate.
HIGHER EDUCATION		In-person.	In-person, hybrid, or remote as appropriate.	In-person, hybrid, or remote as appropriate.	Remote suggested, limited in-person when necessary.	Remote suggested, very limited in-person when necessary.
RESTAURANTS		6 feet between parties up to 100% capacity.	50% capacity or 150 people 6ft between parties outdoors, per local zoning.	25% capacity or 50 people 6ft between parties outdoors, per local zoning.	Indoor dining closed. Take out, curbside, delivery, or to go, outdoor/ open air with only groups of same household is open.	Indoor and outdoor dining closed. Take out, delivery, or to go is open.
LAST CALL FOR ON-PREMISE		2 a.m.	1 a.m.	12 a.m.	10 p.m.	No on-premise service.
SMOKING LOUNGES		50% capacity or 25 people.	50% capacity or 10 people.	25% capacity or 10 people.	Closed.	Closed.
NON-CRITICAL MANUFACTURING		75% capacity.	50% capacity or 50 people (or up to 100 with calculator)	25% capacity or 50 people.	25% capacity or 50 people.	10% capacity or 25 people.
OFFICES		75% capacity.	75% capacity, remote work is strongly encouraged.	25% capacity, remote work is strongly encouraged.	10% capacity, remote work is strongly encouraged.	Remote work or Closed.
BARS		25% capacity or 75 people.	Closed.	Closed.	Closed.	Closed.

GYMS/FITNESS		100% capacity; 6 feet between parties.	50% capacity or 50 people (or up to 100 with calculator).	25% capacity or 50 people.	10% capacity or 10 people indoors per room, or outdoors in groups less than 10. Reservations required.	Virtual, or 10 person capacity outdoors per activity.
GROUP SPORTS AND CAMPS		50 person capacity per activity. Camps limited to 25 participants indoors and 50 outdoors.	25 person capacity per activity. Camps limited to 10 participants indoors and 25 outdoors.	10 person capacity per activity. Camps should be conducted virtually or with no more than 10 participants outdoors.	Virtual, or 10 person capacity outdoors with 6ft distancing.	Virtual, or 10 person capacity outdoors with 6ft distancing. Camps are closed.
CRITICAL AND NON-CRITICAL RETAIL		75% capacity.	75% capacity.	50% capacity with increased curbside pick-up, and delivery. Dedicated senior and at-risk hours encouraged.	50% capacity with increased curbside pick-up, and delivery. Dedicated senior and at-risk hours encouraged.	Non-critical retail closed. Curbside pick-up and delivery OK. Critical may operate at 50% capacity but should make significant efforts to reduce the number of people in-store as much as possible.
PERSONAL SERVICES		50% capacity or 50 people.	50% capacity or 50 people.	25% capacity or 25 people.	25% capacity or 25 people.	Closed.
LIMITED HEALTH CARE SETTINGS		50% capacity or 50 people.	50% capacity or 50 people.	25% capacity or 25 people.	25% capacity or 25 people.	10% capacity or 25 people.
INDOOR UNSEATED EVENTS AND ENTERTAINMENT		50%, 175 people.	50%, 50 people no calculator or up to 150 with calculator.	25%, 50 people with calculator.	Closed. Educational institutions including museums, aquariums and zoos may operate indoors at 25% capacity or 25 people.	Closed.
INDOOR SEATED EVENTS AND ENTERTAINMENT		100% capacity with 6ft distancing.	50% capacity or 150 people.	25% capacity or 50 people.	Closed. Educational institutions including museums, aquariums and zoos may operate indoors at 25% capacity or 25 people.	Closed.
CASINOS		Same as indoor events.	Same as indoor events.	Same as indoor events.	Closed.	Closed.
OUTDOOR SEATED AND UNSEATED EVENTS AND ENTERTAINMENT		100% with 6ft distancing.	50% capacity or 175 people.	25% capacity or 75 people, with calculator for unseated.	25% capacity or 75 people, with calculator for unseated.	Closed.
OUTDOOR GUIDED SERVICES		100% with 6ft distancing.	50% capacity or 10 people.	25% capacity or 10 people.	25% capacity or 10 people.	25% capacity or up to 10 only in your own household.

The following section includes: **Vaccination data (Pg 6), where to receive your vaccine (pg 7-8), and what to expect after your vaccine (pg 9).**

Masking Information Continued:

Certain individuals age 11 and older must wear a mask that covers the nose and mouth in the following settings:

- **Preschool through grade 12 schools** (including extracurricular activities) and **childcare centers and services**; however, fully vaccinated individuals, including vaccinated children age 16-18, in a classroom, cohort, or other group of children may remove masks where the teacher(s), caregiver(s), or other staff whose primary responsibility is education or childcare have provided proof of fully completed vaccination to their employer.
- **Unvaccinated or not fully vaccinated** staff of Colorado Division of Motor Vehicle offices.
- **Unvaccinated or not fully vaccinated** residents, staff, and visitors to congregate care facilities, including nursing facilities, assisted living residences, intermediate care facilities, and group homes; except in situations where removal is authorized by the Centers for Medicare & Medicaid Services.
- **Unvaccinated or not fully vaccinated** residents, staff, and visitors to prisons.
- **Unvaccinated or not fully vaccinated** residents, staff, and visitors to jails.
- **Unvaccinated or not fully vaccinated personnel in emergency medical and other healthcare settings** (including hospitals, ambulance service centers, urgent care centers, non-ambulatory surgical structures, clinics, doctors' offices, and non-urgent care medical structures).

FREQUENTLY ASKED QUESTIONS:**Do we expect more people will get vaccinated so they can stop wearing a mask?**

We hope so. Vaccinations are the most effective way to protect yourself from COVID-19 and its variants, and vaccinations are the key to ending the crisis caused by the pandemic. The sooner more Coloradans are vaccinated, the sooner we can all get back to doing the things we enjoy.

Can businesses still require employees or patrons to wear masks?

Yes. It is advised to keep a mask with you and wear it when asked out of respect. We want to be courteous, nice to our neighbors, and inspire confidence in public health.

Can vaccinated people still wear masks?

Yes. Some Coloradans may choose to be more cautious. Every Coloradan should feel comfortable making the right choices for themselves and weigh their own comfort and risk.

What counts as proof of vaccination?

Customers may show the vaccination card they received at their vaccine appointment, a picture of their vaccination card on their cell phone, or a copy of their immunization records.

Will people still need to wear masks on public transportation?

Yes. Federal law says that you must wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. This is true for both vaccinated and unvaccinated people.

COVID-19 Vaccine:

The vaccine is distributed by the Federal government and directly relates to state population. Our state makes up 1.69% of the total national population, so Colorado will receive 1.69% of the available vaccine quantities.

Although the supply is currently limited, Colorado expects to receive regular vaccine shipments each week. With the approval of the Johnson and Johnson vaccine (Janssen), it is hopeful that the vaccine supply will increase.

Once supply meets demand, providers in the Tri-County area has the ability to provide 130,000 vaccines each week. Thus far, 2,732,212 people have received only their first dose and 2,183,907 are fully vaccinated.

There are three vaccines currently approved for use by the FDA. The Moderna and Pfizer vaccines are distributed via two separate doses. These doses are given several weeks apart. The most recent vaccine by Johnson & Johnson (Janssen) is one single dose. To learn more about each vaccine, see the quick links listed on page 10. Lastly, Astrazeneca and Novavax are in phase 3 of clinical trials.

Due to several cases of adverse reactions to the Johnson & Johnson vaccine, the CDC decided to halt the administration of J&J, **but they have since deemed the vaccine safe to administer**. The primary cause for concern was blood clots developing in women under 50. The chances of developing a blood clot is extremely low, but If you have received a Johnson & Johnson vaccine contact a health care provider if you experience the following symptoms:

- Severe headache
- Backache
- New neurologic symptoms
- Severe abdominal pain
- Shortness of breath
- Leg swelling
- Tiny red spots on the skin (petechiae)
- New or easy bruising

COLORADO IS NOW VACCINATING ALL INDIVIDUALS 12+* **

***The FDA and CDC have deemed it safe to vaccinate individuals aged 12-15 years old with the Pfizer BioNTech Vaccine**

****The vaccine will be given without any cost to you.** Medicare, Medicaid, and private insurance are required to cover the cost. In addition, those without insurance will have access to free vaccinations. *

IF YOU NEED TRANSPORTATION FOR YOUR VACCINE APPOINTMENT CALL 2-1-1 AND ASK ABOUT THE MILE HIGH UNITED WAY'S RIDE UNITED PROGRAM.

Find a vaccine provider

If you receive a two-dose vaccine, you will receive your second dose from the provider that administered the first dose. Please contact your vaccine provider for information regarding receiving the second dose.

TCHD has established several walk-in clinics: Visit the link or call 303-220-9200
<https://www.tchd.org/DocumentCenter/View/8840/TCHD-walkin-clinics?bidId=>

Aurora, 15400 E. 14th Place (16+) 9am-3pm Mondays and Fridays,* 4pm-6;30pm Wednesdays, select Saturdays

Castle Rock, 410 S. Wilcox Street (16+) 9am-3pm* Tuesdays and Fridays

Westminster, 1401 W 122nd Ave #200 9am-3pm* Tuesdays and Thursdays

Lone Tree, 9350 Heritage Hills Circle 9am-3pm* Wednesdays and Thursdays

Englewood 4857 S Broadway #6806 9am-3pm* Mondays and Wednesdays

Malley Recreation Center: Englewood, 3380 S Lincoln Street 9am-3pm* Thursdays

***All sites are closed 12pm-1pm for lunch**

The United Way has organized a mobile vaccine clinic that travels throughout the Denver Metro area. To sign-up for a vaccine when they are in your area visit <https://www.mobilevax.us/denver-metro>

For the providers below, please visit the listed website or call to be placed on the vaccine waitlist. You will be notified when an appointment has become available.

Please try to sign-up online before calling the numbers below. Call volume has increased hold times.

1STBANK Center (Through King Soopers website): Call 1-866-211-5320

[Broomfield.org/COVIDVaccine](https://broomfield.org/COVIDVaccine)

Centura Health Call 866-414-1562

[centura.secureformssubmit.net/FillOutForm.aspx?formname=COVID-19 Vaccine Notification](https://centura.secureformssubmit.net/FillOutForm.aspx?formname=COVID-19_Vaccine_Notification)

Health One Call 303-453-2477

healthonecares.com/covid-19/covid-19-vaccine-information/covid-19-vaccine-distribution.dot

Kaiser Permanente: Call 855-550-0951

Members- [Sign-up on the patient portal](#)

Non-members Go to kp.org/covidvaccine/Colorado and select "COVID-19 Vaccine Non-Member Sign-up"

UC Health: Call 720-462-2255

mychart.uchealth.org/mhcweb/register.aspx

Salud Family Health Centers: Call 303-697-2583

saludclinic.org/covid-vaccine

SCL: Call 1-833-762-0141

sclhealth.org/vaccineform/

Clinica: Call 720-443-8461

clinica.org

Thornton Fire: Call 303-538-7602

thorntonco.gov/public-safety/fire-department/Pages/covid19-vaccine.aspx

King Soopers/City Market Pharmacies:

kingsoopers.com/rx/guest/get-vaccinated

Safeway Pharmacies:

mhealthappointments.com/covidappt

State Sponsored Community Vaccination Sites:

****pre-registration not required-same day walk-up (when appointments are available)**

Children's Hospital Colorado, Anschutz Medical Campus and Colorado Springs: 720-777-8889

****Dick's Sporting Goods Park (Commerce City): Call 720-263-5737**

www.centura.org/vaccine

****The Ranch (Loveland):**

<https://larimerhealth.secure.force.com/Vaccine/>

****Broadmoor World Arena (Colorado Springs) Call 720-263-5737**

https://www.primarybio.com/r/centuramassvaccine?registration_type=default

****Grand Junction Convention Center**

<https://scheduling.mesacountyhealth.com/public/index.php?lang=en>

****Colorado State Fairgrounds (Pueblo): Call 720-263-5737**

https://www.primarybio.com/r/centuramassvaccine?registration_type=default

For more information about vaccines or locating a provider, visit the following websites:

TriCounty Health Department

www.tchd.org/866/COVID-19-Vaccines

Adams County Government

<https://www.adcogov.org/news/adams-county-platte-valley-medical-center-partner-vaccination-clinic-government-center-brighton>.

Colorado Public Health

covid19.colorado.gov/for-coloradans/vaccine/where-can-i-get-vaccinated.

It is strongly encouraged to use the sites provided above to sign-up for the vaccine. However, if you do not have internet access, **you can call Colorado Department of Public Health and Environment-vaccine hotline for more information regarding vaccines: 1-877-268-2926 Available 24 Hours a day 7 days a week**

TriCounty Health also has a COVID-19 Line available 303-220-9200 or email callcenter@tchd.org

After your receiving your vaccine:

It is normal to feel some symptoms after receiving your vaccine. These symptoms can include the following: tiredness, headache, muscle pain, chills, fever, nausea or pain, redness and swelling at the injection site.

Contact your doctor if the redness or tenderness of the injection shot get worse after 24 hours, OR your side effects are worrying you or do not seem to be going away after a few days.

It can take up to two weeks for the vaccines to become fully effective. After reaching fully vaccinated status, the CDC stated you can safely interact with other fully vaccinated individuals without masks or social distancing. You may also gather with individuals from no more than one other household regardless of their vaccination status. It is recommended to avoid gathering with unvaccinated individuals that are considered high risk.

You are still encouraged to abide by public and workplace ordinances when it comes to mask wearing and social distancing. However, if you have been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms. Medium and Large group gatherings should still be avoided.

CDPHE Get the Facts

Colorado Department of Public Health and Environment has launched a campaign called Get the COVID-19 Vaccine Facts. This campaign was launched to provide information regarding the vaccines and their safety. Colorado wants its residents to be fully informed by the time they are eligible to receive the vaccine. They will post regular informative updates on Facebook and Instagram. To find this information, go to Facebook and search "Colorado Department of Public Health and Environment."

COVID Variant

There are four COVID-19 variants being monitored throughout the state, they are B.1.1.7, B.1.351, B.1.427/429 and P.1. These variants are more contagious, by infecting 4 or 5 people on average compared to 2 to 3, they are not suspected to be more deadly. The symptoms for this variant are found to be the same-fever, cough and fatigue.

There are 7,063 cases of these variants throughout the state, of these cases there are 651 in Adams county, 752 in Arapahoe County and 557 in Douglas County. CDPHE has added this data to the Case Summary tab in the COVID-19 data dashboard.

Contact Tracing

A feature on your smart phone notifies you if you have been exposed to someone known to be contagious with the virus. You can utilize contract tracing by opting in on your iPhone settings or through downloading the android app. In order to complete the contact tracing, they monitor the location of your phone. If someone reports to the app that they have tested positive, and your phone has record of you being in close contact of that person, it will alert you.

Quick Links to Stay Up to Date

- [Governor's Facebook Page](#)
 - Go to Facebook and search Governor Jared Polis
- CDPHE COVID-19 Information
 - [Covid19.colorado.gov](https://covid19.colorado.gov)
- TCHD COVID-19 Inforamtion
 - <https://www.tchd.org/818/Coronavirus-COVID-19>
- Stay At Home Guide
 - <https://stayathomeco.colorado.gov/>
- Test Locator
 - <https://covidcheckcolorado.org/where-to-test/>
- Vaccine Locator
 - <https://covid19.colorado.gov/for-coloradans/vaccine/where-can-i-get-vaccinated>
- Moderna Vaccine Fact Sheet
 - <https://www.fda.gov/media/144638/download>
- Pfizer Vaccine Fact Sheet
 - <https://www.fda.gov/media/144414/download>
- Johnson and Johnson (Janssen) Vaccine Fact Sheet
 - <https://www.janssencovid19vaccine.com/>

Testing

Should I get tested?

If you have insurance, call or email your healthcare provider, or a telehealth line or nurseline, to get their advice before going to any health facility. Ask about private lab sites where you can get tested. <https://covid19.colorado.gov/telehealth-nurselines-directory>

The COVIDLine is a free hotline for COVID-19 screening and telehealth service for Adams, Arapahoe, and Douglas County residents who may not have insurance.

<https://covid19.colorado.gov/blog-post/covid-symptoms-how-i-got-my-doctors-help-comfort-my-living-room>

COVIDLine Telephone Hotline:

- Local: 720-902-9449
- Toll-free: 1-855-963-3721

You can also visit the online Symptom Tracker from the Colorado Department of Public Health and Environment. Visit <https://symptomsupport.covid19.colorado.gov/> If you provide your phone number, you can receive text messages that check on you and your condition, point you towards resources to help you manage your symptoms, help you access medical care and services, and give you information about how to get tested if necessary.

Where can I get tested?

At home testing kits are now available to public facing employees. These kits are provided at no cost to those that are eligible. If you are eligible, you will receive a months supply of testing kits, and can apply for more kits every 20 days. The month supply includes 6 kits (enough for a test every 5 days). The results from each kit is ready in 20 minutes. To learn more of sign-up visit: <https://covid19.colorado.gov/covid-19-testing-at-home>

Call your health care provider before going to the clinic or hospital to be tested. Currently, the Tri-County Health Department does not test or directly collect samples for testing. Your healthcare provider may send you to a place that has testing available. Some testing sites require a referral and to schedule an appointment ahead of time. Check the details of each testing site online for the most up-to-date information. **Before testing verify the cost of the test with and without insurance. There are multiple free testing sites in the area.**

COVID-19 TESTING AT WATER WORLD HAS CLOSED PERMANENTLY AS OF MARCH 24, 2021.

Visit CDPHE “testing Site Location Map” to locate COVID testing near you
<https://covidtest.colorado.gov/map>

STRIDE Community Health Center provides telehealth and testing for those without insurance. Visit <https://stridechc.org/>

You can visit COVIDCheck for FREE COVID testing sites near you or call 720-419-1087

<https://covidcheckcolorado.org/where-to-test/>

You can visit Mako Medical for FREE COVID testing sites near you or call 719-416-5857

<https://mako.exchange/scheduler/selector/?state=CO>

Adams County – Pledge to Protect Mitigation Plan

Guidance for Small Gatherings

Tri-County Health Department (TCHD) would like to provide practical guidance on how to stay safe during small social gatherings. The steps outlined in this guide are designed to decrease the risk of COVID-19 transmission brought by in-person gatherings. TCHD acknowledges the need for in-person connection with family and friends but encourages the public to take gatherings, even small family gatherings, very seriously. People should still stay home to the greatest extent possible.

The number of people at a small gathering depends on which phase a county is in based on the [Tri-County Health Framework](#) From most restrictive to least restrictive:

- Level Purple: No small social gatherings
- Level Red: No small social gatherings
- Level Orange: Up to 10 individuals from no more than 2 households
- Level Yellow: Follow CDC Guidelines
- Level Blue: Follow CDC Guidelines
- Level Clear: No Restrictions

Develop a Plan

It may sound silly to “develop a plan” for a gathering, but this situation is new to everyone. A plan allows you to think through how you can help guests maintain social distancing, where you can reduce the number of shared surfaces/items and how you can keep those items sanitized throughout your event. A plan also ensures that you and your guests are on the same page before gathering. As you think about a plan, consider the guidance below as it relates to the setting you will be gathering in and the type of activities you plan to have. You will find many considerations below, but you are encouraged to be innovative in your approach to limiting contact and ensuring sanitation. We urge you to be thorough and

serious in your plan, but we also encourage you to keep things fun and easy as we all figure out what our new normal looks like.

What you need to know

- Social distance or keep space between yourself and other people that live outside of your home. Attendees should be able to easily maintain 6 feet of distance during your event, even when moving about.
- Everyone [should wear a cloth mask](#) at all times.
- Provide easy access to hand washing and/or hand sanitizer as a good way to encourage guests to wash their hands frequently. Provide paper towels by all sinks to dry hands to avoid using a common cloth towel with people outside your household.
- Guests should self-screen themselves for [symptoms](#) before coming to a gathering and anyone with symptoms should stay home.
- Take special care in social interactions involving those people most vulnerable to serious complications of COVID-19 (those > 65 or with underlying illnesses) and it is important that gatherings remain as small as possible.

Ideas for a Safe Gathering

Gather with those that are already fully vaccinated

Keeping Everyone Six Feet Apart

- Use tape or other markers to identify where people should sit or stand or to illustrate personal distance among people when gathering.
- Use outdoor space whenever possible to increase the amount of space and open air.
- Remind guests to stay 6 feet apart. Signs can be a fun way to keep guests aware of spacing.
- Have a separate entrance and exit to decrease the number of people passing each other.

Preventing Unnecessary Contact During In-Person Gatherings

- Set up a way to video-call in guests, especially family and friends that are vulnerable.
- Have visitors come in shifts to decrease the number of people visiting at one time. Wipe down chairs and other touched surfaces between guests. Invite more vulnerable guests to visit before other guests arrive if they choose not to remain at home.

- Consider creating a seating chart for guests, this can limit movement and multiple shared surfaces.
- Prop open doors and take lids off trashcans to decrease the number of items touched.
- Remove unnecessary items that guests may be tempted to touch like lawn games.

Increasing Sanitization

- Keep disinfecting wipes close to commonly touched surfaces like doors and bathrooms and encourage guests to use them.
- If serving food, ask guests to use their own utensils to serve themselves rather than any shared serving utensils. Consider a picnic style gathering and ask guests to bring their own food and drink or serve a pre-packaged meal instead of buffet or family-style.
- Identify someone to wipe down surfaces frequently.
- Have hand sanitizer available in different areas and encourage people to use it frequently, in addition to hand washing.

Other precautions

- Provide cloth face coverings to those guests that do not have one. If possible, consider asking guests to bring their own chairs to decrease the number of touched surfaces.
- Before allowing young children to participate, consider their ability to understand and adhere to social distancing.
- If inside, consider opening windows and doors to increase ventilation.
- If you plan to use your own private pool, clean handrails often; avoid sharing pool noodles, goggles, kickboards and toys; avoid using slides and other structures designed for climbing or playing; take turns swimming to reduce the number of people in the pool at one time; remind visitors to keep their distance and use EPA approved disinfectants.
- Consider the level of transmission in your area and in the areas where guests may be visiting from. If the transmission rate is high in your area or in the area where your guests are coming from it is riskier to gather, even in small groups.

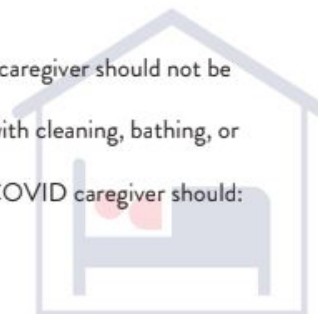
- Send your plan to guests ahead of time to allow them to prepare and ask questions: this is a time to be intentional about taking steps to protect yourself and family/friends and not leave it to chance.

If you have questions or concerns, do not hesitate to reach out to TCHD's Business Re-Opening Task Force: covidbusinessrecovery@tchd.org

COVID in your household

ASSIGN A COVID CAREGIVER

- Assign one person to help the person who has COVID-19. The COVID caregiver should not be someone who is at higher risk of severe illness from COVID-19.
- Assign a different person for other household members who need help with cleaning, bathing, or other tasks.
- When a person with COVID-19 is not able to care for themselves, the COVID caregiver should:
 - Bring food to the sick person, and wash their dishes.
 - Clean and disinfect in areas where the sick person has been.
 - Wash the sick person's bedding and laundry.



TIPS FOR SHARED BEDROOMS

- If possible, open a window to bring in and circulate fresh air.
- Place beds at least 6 feet apart, if possible.
- Sleep head to toe.
- Use a curtain, bedspread, large sheet of cardboard, or similar item to separate the sick person's bed from other beds.

TIPS FOR SHARED BATHROOMS

- If possible, open a window to bring in and circulate fresh air.
- Have the sick person clean and disinfect frequently touched surfaces after using the bathroom, if they are able.
- Wait as long as possible after the sick person uses the bathroom before entering it.

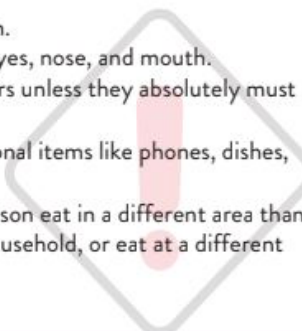
HOW TO ISOLATE WHEN HOUSEHOLD SPACE IS LIMITED



It's best to have a separate room and bathroom for someone sick with COVID-19, but sometimes that's not possible. Here's what to do when space is limited.

FOLLOW PRECAUTIONS

- Keep at least 6 feet between the sick person and everyone else. Be especially careful to keep people at higher risk of severe illness from COVID-19 (older people and people with medical conditions) away from anyone who is sick.
- Wear a mask or cloth face-covering around others.
- Anyone under age 2, anyone who has trouble breathing, and anyone who cannot remove the mask without help should not wear a mask.
- Cover coughs and sneezes with a tissue or your inner elbow.
- Wash hands often.
- Avoid touching eyes, nose, and mouth.
- Don't allow visitors unless they absolutely must be in the home.
- Don't share personal items like phones, dishes, bedding, or toys.
- Have the sick person eat in a different area than the rest of the household, or eat at a different time.



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Mask 101

MASKS SHOULD:

- Be clean and in good repair
- Fit snugly, but comfortably against the side of the face
- Be secure
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried
- Be on the wearer's face
- Be laundered on a daily basis



MASKS SHOULD NOT:

- Have anything hanging off the facial covering that would create a food safety hazard.
- Have holes or tears.
- Masks should not be shared with others.

STORING MASKS:

- Stored with personal items

WEARING MASKS:

- Wash your hands before and after putting a facial covering in place.
- Do not touch the facial covering again until you remove it.
- Masks should be positioned so that there is no need to adjust or otherwise touch the face frequently.
- If your mask becomes soiled or hard to breathe through, you should remove and not wear again until laundered.
- Remove your mask to eat and drink and if it is still in good repair, you may continue to use it for the duration of your shift.

Gloves 101

When to wear gloves

In most situations, like running errands, wearing gloves is not necessary. Instead, practice everyday preventive actions like keeping social distance (at least 6 feet) from others, washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol), and wearing a cloth face covering when you have to go out in public.

When gloves are not needed

Wearing gloves outside of these instances (for example, when using a shopping cart or using an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs. The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

Creating a household plan of action

Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.

Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.

Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Anythink Library

Learning and entertainment resources accessible from home

Whether you are looking for educational opportunities or just want an entertainment escape, we've got you covered. Explore this list of free resources available from anywhere. Stay tuned – we will continue to update this list in the coming days and weeks.

Arts

Learn a new creative skill or experience the artistry from across the globe.

- Bubbler in Your Bubble – Learn, share, and create outside the box (while inside your house) with some of these stellar resources provided by our friends at The Bubbler at Madison Public Library.
- Lunch Doodles with Mo Willems – Daily drawing tutorials from a renowned illustrator.

- [Creativebug](#) – Gain unlimited access to more than 1,000 online art and craft classes. (Anythink card required)
- [Coloring Squared](#) – Combine math and art with printable coloring sheets.
- [The Met](#) – Live opera streamings from the comfort of home.
- [Museum Coloring Sheets](#) – Color the collections of many museums with a coloring page for every age.
- [Seattle Symphony Performances](#) – Invite an entire orchestra into your home.
- [Virtual Museum Tours](#) – Explore the collections of some of the world's most prestigious museums.
- [ThinkWritten Writing Prompts](#) – No writer's block here. Get a writing prompt for every day of the year.

Education

Want to learn to code your own game or practice a new language? These online educational resources can help you and your family learn new skills while social distancing.

- [Tutor.com](#) – Get the help you need. Tutor.com provides online tutoring, homework help, and test preparation with powerful resources designed to meet the individual needs of all learners.
- [Gale Presents: Udemy](#) – Take more than 3,500 online courses with world-class instructors, specializing in business, tech, and personal and professional development. (Anythink card required.)
- [The Great Courses](#) – Take remote courses in a variety of subjects taught by award-winning professors. (Anythink card required.)
- [Code.org](#) – Learn computer science. Change the world.
- [Girls Who Code](#) – Weekly at-home coding challenges for kids.
- [Rosetta Stone](#) – Interactive tutorials for learning a variety of languages. (Anythink card required.)
- [Scholastic Remote Learning](#) – Day-by-day projects to keep kids reading, thinking, and growing.
- [Explora Primary Schools](#) and [Explora Public Libraries](#) – Articles, research and more for school projects and papers. (Anythink card required.)
- [Scratch Coding](#) – Learn to code while creating stories, games and animations.
- [Universal Class](#) – More than 500 online courses in everything from algebra to yoga. Qualifying courses offer continuing education units (CEUs). (Anythink card required.)
- [Virtual Playground for Your Mind](#) – Just like the title says, provided by the Children's Museum of Houston.
- [STEM Activity Clearinghouse](#) – High-quality, vetted STEM activities for kids, provided by STARnet.

Entertainment

Check in on local wildlife or explore the world's curiosities.

- [Storyline Online](#) – The world's best storytellers inspire a love of reading in children.

- [Hoopla Digital](#) – A wide range of videos, ebooks, audiobooks and music available for instant streaming. (Anythink card required.)
- [OverDrive](#) – Download ebooks and audiobooks in all genres. (Anythink card required.)
- [Acorn TV](#) – The best in British television. (Anythink card required.)
- [Kanopy](#) – Watch high-quality and award-winning films and documentaries from around the world. (Anythink card required.)
- [Atlas Obscura](#) – The definitive guide to the world's hidden wonders.
- [Authors Everywhere](#) – A YouTube channel where authors provide workshops, readings, activities, art projects, writing games, writing advice and more.
- [Explore.org](#) – The world's leading philanthropic live nature cam network and documentary film channel.
- [Stingray Qello](#) – Watch the world's largest collection of on-demand full-length performances, concert films, and music documentaries. (Anythink card required.)
- [Saved You a Spot](#): A list of 20 screen-free activities for kids.
- [Mac Barnett's Daily Story](#) – Follow Mac Barnett's Instagram page for daily children's stories.
- [Museums for Kids and Families](#) – A roundup of apps, games and websites for exploring museums.
- [Westminster Bald Eagle Nest](#) – Keep tabs on what local eagles are up to.
- [RBdigital](#) – Digitally turn the pages of your favorite magazines. (Anythink card required.)
- [Flipster](#) – Popular magazines you know and love, as well as niche titles, academic publications, children's resources, comics and coloring books.

Want to hear a friendly voice? Call the Anythink Connect line: 720-322-9199

The line is open Wednesday – Saturday 10am – 2pm

Transportation:

Uber:

In response to the COVID-19 pandemic, Uber is offering up to 2500 free rides through DRMAC for healthcare workers, seniors and people in need in and around the Denver Metro Area. Following the guidelines outlined in Governor Polis' public health order issued this week, the rides should only be utilized for necessary travel. For additional details on how to access the free rides, please contact DRMAC at 303-243-3113

Lyft:

As local governments ease stay-at-home orders, Lyft is ramping up efforts to protect riders and drivers — including establishing new health and safety standards for ridesharing. Today we're announcing a Health Safety Program with new policies, commitments, and products designed to address the needs of our community during this important time for public health.

Lyft's Health Safety Program will include:

1. Personal health certification for drivers and riders
2. Required face masks for drivers and riders
3. Health safety education for drivers and riders
4. Distribution of cleaning supplies and masks for drivers

Other Community Resources

Alzheimer's Association Support

The Alzheimer's Association is here to help families take the necessary measures to prepare for and cope with extraordinary circumstances. For more information, visit our online COVID-19 Help Center or call our free 24/7 Helpline at 800.272.3900.

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

They also offer Live Chat on their website: <https://alz.org/alzheimers-dementia/coronavirus-covid-19>

Caregiver Support:

Keep Prescriptions Filled. Caregivers may ask their pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.

Call Your Health Provider. If you or the person you are caring for has regular doctor's appointments to manage dementia or other health conditions, call your health care provider to inquire about a telehealth appointment. Medicare has recently expanded telehealth benefits to allow seniors to access health care from the safety of their homes during this crisis.

Stay in Contact with Your Loved One's Team. Facilities should be sanitizing common areas and rooms. Ask about what other precautions and tactics are being used to protect patients of residential and assisted living facilities and nursing homes.

Caregivers: Take Care of Yourself. Caregiver health is vital during these difficult times. Caregivers with a loved one living in a facility must recognize that they are not abandoning someone who may be quarantined; they are simply taking the necessary steps to help keep their family member safe and healthy. Find ways to ensure your own health is at its best.

Grief Support Group

Pennock Center for Counseling:

Purpose: This 4 week, no cost group follows the companioning model of Dr. Alan Wolfelt. The group will help individuals recognize the various aspects of grief, offer ways to cope, and provide connection to others who are also grieving.

Who can Attend: The group is open to all members of the community who are grieving the loss of a loved one. We ask that at least three months have passed from the date of the death before the first group meeting. Pre-registration is required by calling the number below.

When: This group will meet on Thursday from 1- 2pm

Where: All meetings will be held at Pennock Center for counseling 211 South 21st Ave., Brighton, CO 80601. Group Facilitator, Jody Pierce, LCSW at 303-655-9065 ext. 16

True Grief: 2593 Park Lane, Lafayette, CO 80026. 303-604-5300

Mental Health Support

Community Reach Center: FREE COVID-19 Heroes Program & Free Warm line

is designed specifically to serve healthcare workers during the pandemic. Any healthcare worker who lives or works in Adams or Broomfield counties can receive up to six counseling sessions free of charge. After initial evaluation counseling sessions will be provided via telehealth to support public health.

5 Ways to Get Help Now!

1. Call the Warm Line at 720-262-3312 Monday through Friday, 8am to 5pm
2. Call Colorado Crisis Services 1-844-493-8255 or text "TALK" to 38255
3. Visit the Behavioral Health Urgent Care 24/7 @ 2551 W. 84th Ave., Westminster, CO
4. Complete an intake assessment at either Community Reach Center intake location to begin services as a new client

8989 Huron St., Thornton, CO | Monday through Friday 8am to 2pm

1850 E. Egbert St., Brighton, CO | Tuesdays, 8am to 12noon

5. Visit the Telehealth page on CommunityReachCenter.org to learn about telehealth services for new and current clients.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program—(SNAP)—is the food assistance program in Colorado. It was formerly known as food stamps. SNAP aids benefits as part of a federal nutrition program to help low-income households purchase food.

Need to apply for SNAP?

- Apply online through Colorado PEAK: colorado.gov/PEAK
- Apply over the phone through Hunger Free Colorado: 720-382-2920
- Mail in or drop off a paper application to:
11860 Pecos St Westminster, CO 80234

Please call 720-523-2253 to request a paper application in the mail.

All applications must include a name, address, and signature.

The Senior Hub

Curbside Food bank

The Senior Hub food bank has transition to a curb side model. Instead of coming into the food bank, you instead drive up to a designated parking spot. A volunteer will come out and check you in. Lastly, a volunteer will put all your groceries in the trunk of your car. 100% no contact delivery. Please call to make an appointment to avoid waiting.

Call Richard Munoz, Food Pantry Specialist at 303-426-4408 ext 217

Well Elder

A joint project with Adams Community partners, utilizing shared database tool, staff and volunteers to make reassurance calls, provide fraud education, and share resources. The Senior Hub assists by being the database “Super User,” onboarding the community partners, providing tools, and assisting with the recruitment and retention of volunteers. **Qualified volunteers are welcome to participate, they will receive training and access to the tool kit.**

Call Angela Caudill, Volunteer Manager 303-426-4408 ext 202

Food banks and pantries

Name of Agency	Address	Phone Number	Hours of Operation
Arvada			
New Apostolic Church Food Pantry	5290 Vance St.	720.722.3663	Open every Wednesday 9:00am-11:00am (Please enter around the back)
Aurora			
Ansar Pantry	16251 E Colfax Ave #208	303.459.2153	Every Saturday 9:30am-12:00pm
Aurora Interfaith Community Services	1553 Clinton St.	303.360.0260	Monday- Thursday 9:30am-12:30pm Call by 8:30am for same day appointment
Colfax Community Network	1585 Kingston St.	303.999-6093	Tuesday & Thursday 10:00am-12:00pm
Friends of St. Andrew	1525 Dallas St.	303.364.2329	Call for more information; serving Aurora residents only
Restoration Outreach Programs	1540 Boston St.	720.859.2513	Every Tuesday 11:30am-12:30pm
Bennett			
Bennett Community Food Bank	401 S 1st St.	303.644.3249	First & Third Saturday 8:00am-10:00am
Brighton			
Calvary Chapel Food Pantry	103 E Bridge St.	303.659.1886	Second & Fourth Monday 4:00pm-6:00pm Serving Brighton, Ft Lupton, Hudson, Lochbuie & Henderson No ID Needed
Community Baptist Church	15559 County Road 2	303.659.6487	Every Tuesday 11:30am-2:30pm
Brighton Town Hall (FBR Mobile Pantry)	22 S 4th St.	303.375.5853	Second Saturday @ 9:00am
Seventh Day Adventist Church	567 E Bromley Ln.	303-659-1999	Second & Fourth Thursday 10:00am – 12:00pm
St. Augustine's Community Food Pantry	129 S 6th Ave.	303.654.1040	Every Tuesday 9:00am-1:00pm
Commerce City			
Adams County Emergency Food Bank	7111 E 56th Ave.	720.878.3563	Wednesday, Thursday, Friday 10:00am-1:00pm
Impacto de Fe	5155 E 64th Ave.	303.403.2744	Every Saturday 7:30am-10:00am
Dick's Sporting Goods Park (FBR Mobile Pantry)	6700 Victory Way	303.375.5853	First & Third Friday @ 9:00am
Our Savior Lutheran Church FISH	6770 Monaco St.	303.288.9577	Tuesday - Friday 9:00am-12:00pm Arrive by 11:30am; Bring ID; only for Commerce City residents
Denver			
Assumption of the Blessed	2361 E 78th Ave.	303.288.2442	Wednesday 8:30am-12:00pm (1 visit/month)
Bienvenidos Food Bank	3810 Pecos St.	303.433.6328	Every Thursday @ this location except the 3rd Thursday of the Month; 10:00am-12:00pm & 3:30pm-5:30pm
Denver Indian Center Inc.	4407 Morrison Rd	303.936.2688	2nd, 3rd, 4th Wednesday & Friday 9:00am-12:00pm & 1:00pm-3:00pm
Mt. Zion Lutheran Church Food Pantry	500 Drake St	303.429.0165	Third Saturday of the month 10:00am-12:00pm
New Song & Ministries Church Food Pantry	8242 Pecos St.	303.430.8100	Every Sunday except for the 1st Sunday of the month 12:00pm-1:00pm
Servicios de la Raza	3131 W 14 th Ave.	303.458.5851	Wednesday & Friday 10:00am – 12:00pm by appt
Salvation Army West Adams	2821 W 65th Pl.	303.428.6430	Monday, Wednesday, Friday 10:00am-2:00pm

Name of Agency	Address	Phone Number	Hours of Operation
Federal Heights			
Thrive Church (FBR Mobile Pantry)	2720 W 92nd Ave.	303.428.9535	First & Third Wednesday @ 3:00pm
Northglenn			
Good Shepherd Presbyterian Food Bank	10785 Melody Dr.	303.452.5478	Tuesday & Wednesday 10:00am-11:45am Serving zip codes 80234 and 80260; need ID & mail
Immaculate Heart of Mary	11426 Pearl St.	303.452.2041	Monday, Wednesday, Friday 9:00am-11:30am
Northglenn Christian Church Bank	1800 E 105th Pl.	303.452.3787	Tuesday & Thursday 10:00am-11:45am
Strasburg			
CARES Foodbank of Strasburg	56155 Sunset Ave.	303.622.4600	Friday 3:30pm-6:00pm
Thornton			
Holy Cross Food Pantry	9371 Wigham St.	720.938.4304	Third Thursday 2:00pm-4:00pm
North Suburban Medical Center (Food Bank of the Rockies - Mobile Pantry)	9191 Grant St.	303.375.5853	Third Thursday @ 1:00pm
Regis University Thornton Campus Food Pantry	500 E 84th Ave.	720.938.4304	First Thursday 2:00pm-4:00pm
Senior Hub Senior Solutions	10190 Bannock St. Ste. 105	303.426.4408	Monday-Thursday 8:30am-4:30pm by appointment only
Thornton Community Food Bank	8990 York St.	303.287.7268	Monday, Wednesday, Friday 12:30pm-3:00pm
Westminster			
Growing Home Food Pantry	3489 W 72nd Ave. Ste. 112	303.426.0430	Monday – Friday 10:00am- 1:00pm Saturday 10:00am- 12:00pm by appointment only
Have a Heart	3455 W 72nd Ave.	720.815.5439	2nd Saturday 8:00am – 10:30am
Westminster Presbyterian Church FISH	3990 W 74th Ave.	303.429.8508	Monday & Wednesday 12:30pm-4:00pm

**Resources located at
Adams County Human Services**

11860 Pecos Street Westminster CO 80234

Adoption, Adult Protective Services, Colorado Child Care (CCCAP), Child Support Services, Children and Family Services,

Community Support Services, Domestic Violence Resources, Foster Care, Financial Assistance Program, Head Start, Health First Colorado, Veterans Services, and Workforce & Business Center

Adams County Community Partners

A Precious Child, Center for People with Disabilities, Adams County CSU Extension, Denver Indian Center, Denver Indian Family Resource Center, ECPAC, Family Tree, Foster Source, Joyful Journeys, Let Your Light Shine, Maiker Housing Partners, Maple Star, The Senior Hub, Seniors Resource Center, Servicios De La Raza, UNE and YHC Clinic

720.523.2000

BEFORE YOU VISIT!

We recommend that you contact the agency before you visit to confirm hours of operation and find out what you need to bring with you.

(Some agencies only serve people in a specific area or zip code, require ID and proof of address)

ANTES DE VISITAR!

Le recomendamos que se comunique con la agencia antes de su visita para confirmar las horas de operación y averiguar que necesita traer con usted. (Algunas agencias solo atienden a personas en un área específica o código postal, requieren ID y prueba de dirección)