



COLORADO Early Colleges

Colorado Early Colleges has been coordinating with our local public health agency as we monitor the global outbreak of [Coronavirus Disease 2019 \(COVID-19\)](#), keeping in close contact with Larimer County Health Department (LCHD) and the Colorado Department of Public Health and Environment (CDPHE) on this subject. .

While **there have been no confirmed cases of COVID-19 in Colorado to date**, we want to take this opportunity to provide you information about how Colorado Early Colleges is monitoring this issue and what you can expect in the event of a major outbreak in Colorado.

What is Colorado Early Colleges Doing?

Since the beginning of the outbreak, CEC has been collaborating with our public health partners. Our school is working in coordination with these agencies to ensure the continuity of learning throughout any public health situation.

It is important to know that during a major outbreak, we would follow the health department's lead on any quarantines, closures, or other health measures needed. Our focus has been on how to ensure the safety of students and staff, and how education can continue. In addition, Colorado Early Colleges may use various electronic systems to allow for student learning remotely during this period.

What is Coronavirus?

Coronaviruses are a large family of viruses that cause respiratory symptoms such as fever, cough, and shortness of breath. These viruses spread through coughing or sneezing, much like the flu. There is no vaccine for the COVID-19.

What can I do to stay healthy?

Again, the current risk to the general public in the U.S. from this virus is currently considered low, however just as is recommended for other respiratory viruses, people can protect themselves and others through some simple actions:

Protecting yourself from Coronavirus COVID-19 and other respiratory viruses

(source: CDPHE):

If you are healthy:

- Continue your normal routine. This means you can continue to participate in public gatherings such as work, school, or social activities.
- Get your flu shot and stay up to date on other routine childhood and adult immunizations.
- [Wash your hands](#) with soap and water or, at minimum, use an alcohol-based hand rub, which may be less effective than soap and water.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails.



COLORADO Early Colleges

If you are sick:

- Stay home
- Cover coughs and sneezes with a tissue or your inner elbow shirt sleeve.
- [Wash your hands](#) with soap and water or, at minimum, alcohol-based hand rub, which may be less effective than soap and water.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with anyone else with cold or flu-like symptoms.
- Get your flu shot and stay up to date on other routine childhood and adult immunizations.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, and handrails. Colorado Early Colleges has stringent cleaning practices in place in our schools to help avoid disease transmission.

Feeling Sick? Stay Home!

As always, we encourage anyone who is feeling ill to stay home, especially if they are experiencing fever, vomiting, or diarrhea.

In sharing this information with you today, our intention is to provide factual information about Coronavirus COVID-19 and tips on reducing the spread of disease. We will continue to update families and staff as we know more about the potential progression. As a community, we must work together for the safety and well-being of all of us and we appreciate your ongoing support of our schools.

Got Questions?

For general questions about COVID-19, community members can call CO-HELP at 877-462-2911, or email COHELP@RMPDC.org for answers in English and Spanish. You can also find more information on COVID-19 at <https://www.larimer.org/health/communicable-disease/coronavirus-covid-19> and contact Larimer County Department of Health and Environment at 970-498-6775.