

# How to protect your family from COVID-19

COVID-19 can affect everyone. Up to 40% of adults with COVID-19 do not show symptoms and may unknowingly spread the virus. More and more children, teens, and young adults have COVID-19 with serious symptoms and are bringing it home to their family. Here is how you can empower your loved ones to guard against COVID-19 and protect the health of EVERYONE.

## Understanding COVID-19

COVID-19 is the disease, SARS-CoV2 is the virus. So technically we don't pass COVID-19 to one another, we pass SARS-CoV2. Below is how SARS-CoV2 is spread.

- **The virus is airborne**, through droplets and aerosols from talking, laughing, singing, sneezing, coughing, and more.
- **The virus is also on surfaces**. You can get it from touching a contaminated surface and then touching your face.

## Easy Ways to Guard Against COVID-19

The best way to not catch COVID-19 is to stay at home. That isn't always realistic. Here is what to do when you or anyone in your home leaves for the day:

- **Wear a mask**
- Keep six feet of social distance
- Sneeze or cough into a tissue
- Store your mask in a clean, paper bag
- Don't touch your face
- Clean and disinfect surfaces regularly
- Wash your hands regularly
- Use hand sanitizer frequently
- Wash cloth masks every day

"I have 2 little kiddos who depend on me."- Jaimie, mother of two

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This information is current as of October 2020. Denver Public Health strives to keep you updated as we continue to learn more about COVID-19. The most up-to-date information is on our website: [denverpublichealth.org/COVID19Resources](https://denverpublichealth.org/COVID19Resources).

# More helpful hints



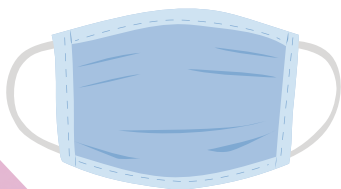
Social distancing is important to preventing COVID-19. Six feet is about the length of a yoga mat. So ask yourself, "Could I fit a yoga mat between me and the next person?"

Wash your hands after every activity and when you first get home. Be sure to wash for 20 seconds. Clean between your fingers, under your fingernails, and up to your elbows. Use hand sanitizer when washing your hands is not an option.

## Airborne COVID-19 is how people usually catch the virus so MASKS WORK!

COVID-19 affects everyone, but some people will experience more severe symptoms. Talk to a health care provider about your risk if you are age 60 and older and/or if you have any of the underlying conditions:

- Cardiovascular disease including hypertension
- COPD/chronic lung disease/moderate to severe asthma
- If you are immunocompromised
- Chronic kidney disease
- Diabetes
- Cancer
- Or have a BMI  $\geq 30$



Wear a mask that covers your mouth, your nose, and has good coverage around the side of your face. COVID-19 can hang in the air like an odorless perfume long after people are gone, so you need a mask that fits well and should wear it whenever you leave the house.

## Are you wearing the right kind of mask?

Denver Health's Chief Medical Officer Dr. Connie Price discusses how to select the right kind of mask to protect you and your family: [denverpublichealth.org/ProtectAgainstCOVID](https://denverpublichealth.org/ProtectAgainstCOVID)

"I can't get sick because I have to work"

Sara, a very relatable Denver Resident



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**Connie Price, MD**  
Chief Medical Officer



# What to do if you think you have COVID-19

If you are feeling sick or have been exposed to COVID-19, it is important that you **go get tested right away** for peace of mind and to protect others. COVID Symptoms can take up to 14 days to appear and can include:

- Cold symptoms
- Sore throat, cough
- Vomiting and diarrhea
- Fever greater than 100.3°
- Body aches
- Loss of taste or smell
- Difficulty breathing
- Unexplained tiredness
- Congestion, runny nose

## If you have any combination of these symptoms...

- **Isolate:** Stay away from others, even those in your house. Limit going out.
- **Wear a mask to protect others.**
- Ask your primary care provider if they offer Telehealth visits.
- Call Denver Health's Nurse line 303-739-1211 if you don't have a health provider.
- Go get tested - it's free. Use the link below to find free testing near you.
- Continue to stay away from others and wear a mask until you get a negative test and feel better!

## Getting tested for COVID-19

When in doubt, get tested! It's free and convenient. To find a free testing site near you, use this link: <https://www.denvergov.org/content/denvergov/en/covid-19/recovery-guidance/testing.html>

To see what it's like to get tested, watch this video. It's not as scary as you think: [denverpublichealth.org/GetTestedForCOVID](https://denverpublichealth.org/GetTestedForCOVID)

Don't drop your guard with COVID-19. We are still in the thick of it. You have to protect yourself - Ana and Flor, Disease Intervention Specialists

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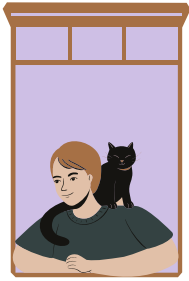
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# How to quarantine when you think you have COVID-19

"I want to protect my loved ones, especially my grandma who has COPD"-Jenny, the favorite granddaughter



If you have been exposed to COVID-19, you should go get tested and then quarantine. Quarantining keeps you from spreading the virus unknowingly.

If you have been exposed to COVID-19, quarantine for **14 days** or until you get a **negative COVID-19 test**.



The best way to quarantine is to stay at home. That isn't always realistic. So if possible, do not utilize crowded places, like super markets or public transportation. If you do leave the house, social distance, wash your hands, and wear a mask to protect others.

If you have ANY symptoms, call a provider and seek care.



Is your heart racing? Are you feeling more fatigued than normal?



Are you having trouble breathing? Are you coughing uncontrollably?



Are you dizzy and lightheaded? Are your normal activities too difficult?



Check your temperature. Do you have a fever? Are you shaking?

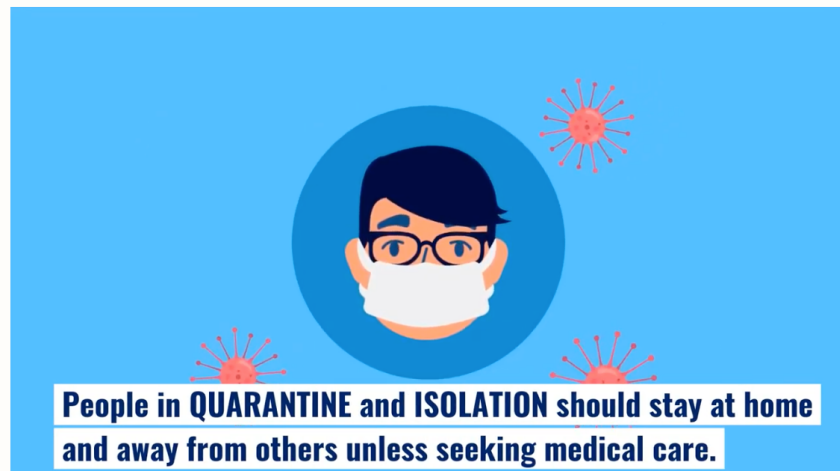


Can you smell and taste food? How is your appetite? Are you vomiting?

Wondering what the difference is between **Quarantine** and **Isolation**?

Watch this video on our website for more information:  
[denverpublichealth.org/HowToQuarantine](https://denverpublichealth.org/HowToQuarantine)

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**People in QUARANTINE and ISOLATION should stay at home and away from others unless seeking medical care.**

# What to do if you have COVID-19

So you have a positive COVID-19 test. Ask your health care provider if and how you can take care of yourself at home. If you are able to stay home, see the back of this of handout for how to isolate. You can also call the Denver Health Nurse line 303-739-1211. Press "2" for Spanish and press "3" for any other language

## Check in with yourself regularly

If your symptoms are getting worse, it's time to go to the hospital. Use a pulse oximeter, or count your heart rate. Use a thermometer to check your temperature. If you wait too long to get help, it can literally be life and death. If you answer yes to the questions below, it's time to come in.

"I was surprised to test positive for COVID-19. I work outside and thought I was being careful enough."

-Denver Construction Crew Member

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## Monitor your symptoms



Is your heart racing? Are you feeling more fatigued than normal?



Are you having trouble breathing? Are you coughing uncontrollably?



Are you dizzy and lightheaded? Are your normal activities too difficult?



Check your temperature. Do you have a fever? Are you shaking?



Have you lost your ability to smell/taste, or lost your appetite? Are you vomiting?

## Check in with others

Thousands of people have had COVID-19 in the U.S. You aren't alone, and it's ok to tell people you have it. Protect your community by letting people know they may have come in contact with COVID-19. For stories on overcoming stigma, visit: [denverpublichealth.org/IfYouHaveCOVID](https://denverpublichealth.org/IfYouHaveCOVID)

# ADVOCATE for yourself



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# How to Isolate When You Have COVID-19



This is an easy guide on how to take care of yourself and ISOLATE if you have COVID-19. [denverpublichealth.org/HowToIsolate](https://denverpublichealth.org/HowToIsolate)

"I was really afraid after I tested positive for COVID-19. I have little ones. The Home Visit Team helped ease some of the worry. - EPS program participant"

## Stay Home

You should stay isolated until you have ALL of these indicators of health:

- ✓ At least **10 days** have passed since symptoms first appeared.
- ✓ At least **24 hrs** with no fever without using any medication for reducing a fever (like tylenol).
- ✓ Your symptoms have improved.

If you tested positive for COVID-19 but don't have any symptoms, stay home for at least 10 days after your positive test. You do not need a negative to test to return to work if 10 days have passed.

## Isolating with family members in the home:

- **Always wear a mask.**
- Stay in a room just for you.
- Stay away from your pets.
- Stay away from everyone, especially people at high risk.
- Use a separate bathroom. If you cannot, you must wear a mask when going to the bathroom. Let the room ventilate before anyone else uses it and wipe down surfaces with bleach products after each use.
- Sanitize your area regularly and make sure it has good ventilation (close to a window you can open).



Monitor your symptoms. If they are getting worse, it may be time to call 911

## 911 FOR EMERGENCIES

CALL 911 FOR:



SYMPTOMS OF HEART ATTACK OR STROKE



DIFFICULTY BREATHING OR CHOKING



DIFFICULTY SPEAKING, WALKING OR SEEING



AN ALLERGIC REACTION



CONFUSION, DIZZINESS OR DISORIENTATION



SUDDEN, SEVERE PAIN

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For more information, visit [covid19.colorado.gov](https://covid19.colorado.gov)



# How to treat COVID-19

So you have a positive COVID-19 test. Get the right information on how to take care of yourself.

[denverpublichealth.org/HowToTreatCOVID](https://denverpublichealth.org/HowToTreatCOVID)

## Can I treat COVID-19 at home?

Before treating yourself at home, check with a health care provider.

Tell them about any medical issues you have and ask them if over the counter medications will help you. Feel free to ADD fruits, vegetables, and get a little sun while still being isolated, but these CANNOT cure COVID-19.

## Harmful COVID-19 Treatment Myths

There are a few myths about COVID-19 treatments that can actually hurt you. If you aren't sure if a treatment is legitimate, call your doctor or health care provider. The following treatments DO NOT cure COVID-19

- Inhaling bleach
- Consuming alcohol
- Only using herbal remedies
- Hydroxychloroquine
- HIV medications

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## Treatments available to you at the hospital

If your oxygen is low, or your symptoms worsen, go to the hospital. It is your right to ask about the latest treatments for COVID-19. Currently, you should ask if remdesivir and/or dexamethasone are treatment options right for you. Patients should ask why they aren't being treated with one or other if hospitalized.

- Remdesivir - slows the virus from replicating in the body
- Dexamethasone - reduces the inflammation caused by the immune system fighting the virus
- Convalescent plasma: plasma donated by people who have fully recovered from COVID-19 infection. This plasma contains antibodies that may help you recover faster.

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"It's ok to question what your doctor is telling you. You are the expert on how you're feeling and you can ask for a second opinion."  
-The *entire* Enhanced Patient Support Team

# How to pay for COVID-19

So you have a positive COVID-19 test. Get the right information on how to pay for your health care. If you are able, look into getting health care coverage that is right for you. Also any major medical system has an office or department for enrollment that can assist you. You can also start with the health exchange: <https://www.healthcare.gov/get-coverage/>

## What if health insurance is not an option?

In Colorado, Emergency Medicaid will cover the costs of going to the emergency room and being hospitalized with COVID-19. Once you leave the hospital, Emergency Medicaid will cover oxygen and 2 primary care visits.

- ✓ Emergency medicaid is available for uninsured and or individuals without status.
- ✓ The cost of helping people without insurance isn't transferred to the general public.
- ✓ **Denver Health is a safe place for patients. We protect ALL patient information.**  
<https://www.denverhealth.org/patients-visitors/amenities-experience/immigrant-refugee-patient-rights>



## COVID-19 costs aren't just medical

The pandemic has affected the financial well-being of many people. there are programs available that may help you find relief

...we keep a list of resources to assist you on our website: [denverpublichealth.org/HowToPayForCOVID](https://denverpublichealth.org/HowToPayForCOVID)

"We are used to making ends meet. But when both my husband and I came down with COVID-19, we were worried about how we were going to make it.

-Denver EPS program participant

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# How interviews and contact tracing helps the community

Contact tracing slows the spread of COVID-19, protecting you and your community. Letting people know they have been exposed to COVID-19 allows them to take steps to get ahead of the virus and protect others as well.

"I didn't stay home at first, because I thought it was just allergies. I didn't get tested until my symptoms worsened, so I unknowingly exposed lots of people." - EPS program participant

## Why you should use contact tracing

If a fire was started in your house, you would try to contain it and tell everyone to get out before it spread, wouldn't you? Contact tracing works kind of like that. It identifies a person who has been diagnosed with COVID-19 and stops the spread by telling those impacted to take care and quarantine. Expect many calls from public health professionals if you test positive, they are here to help you and the community.

- Your information is being used to track the virus and for no other reason.
- When you work with a contract tracer, you're helping your community prosper and stay safe.

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## Understanding the interview and contract tracing progress

By participating in contact tracing, you help your community. Here is how it works:



**Interview:** A highly trained contact tracing staff member will call you and ask a few questions. They are mapping out who you have been in close contact with, so they can call each person and let them know they have been exposed to COVID-19.



**Contact tracing:** Once they have mapped this, the staff member will call the individuals who had close contact to let them know quickly and sensitively that they have been exposed. They will also offer these individuals resources and support. **By law, contact tracers cannot name who has COVID-19. You will remain anonymous as your patient privacy is protected.**



**Contain:** The contact tracer will then advise your contacts to quarantine so they can protect themselves and their loved ones. They will also learn about their symptoms and how to monitor them. If they develop symptoms, they will also be given resources to go get tested. If they do have COVID-19, the process of contact tracing starts again.

Watch this video about contact tracing:  
[denverpublichealth.org/StopTheSpread](https://denverpublichealth.org/StopTheSpread)

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# The what, how, and why of vaccination

A vaccine has the same germs that cause disease, but the germs have been killed or weakened, so that you won't get sick. That way your body learns to fight the weak version of the disease and has a better chance of fighting the full-blown disease.

[denverpublichealth.org/ResourcesOnVaccination](https://denverpublichealth.org/ResourcesOnVaccination)

## Vaccination helps you and your community

If you're vaccinated and likely not to be affected by a disease, you will also lower the chance that you spread the disease to those you love, or to those who are vulnerable.

**Every year between 30,000 and 60,000 people die from the flu in the US.**

COVID-19 and the flu together could really hurt communities and overwhelm hospitals. Vaccinate, so that we can do everything we can to protect our loved ones.

"...I can't get sick. I already have student loan debt, and don't want to worry about medical debt as well, if I can help it " Grace, Millennial Denver resident

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## Find no-to-low cost vaccinations for you and your family:

Denver Health's immunization clinic offers all routine and recommended vaccinations for children, adults, and travelers. They accept Medicaid and provide no- and low-cost vaccines for people without insurance. You can call them at 303-602-3520 or look online: <https://www.denverpublichealth.org/clinics-services/immunization>



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# How to take care of yourself in the time of COVID-19

We know that existing medical conditions can increase the risk of complications from COVID-19. Managing any health issues you have is important, and prioritizing healthy habits is crucial to a prosperous future.

## Managing your current health issues

Conditions like high blood pressure, diabetes, lung disease, and being immunocompromised can make COVID-19 worse (even deadly) for people living with these conditions. Connect with a doctor now to make a plan to manage your health. A complete plan should include nutrition, exercise, necessary medicines, and other healthy habits. However, you don't have to have a complete plan to get started. Five minutes for your body and mind can go a long way to manage stress, even when you're short on time and resources: [denverpublichealth.org/SelfCareDuringCOVID](https://denverpublichealth.org/SelfCareDuringCOVID)

Culturally, we don't always talk about mental health, but it is normal to feel anxious when you're isolated. It's ok to ask for help." - Denver father of four

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### Take care of your body

Try to exercise, if only for a few minutes a day. Exercise can take many forms, including walking your dog, dancing to some music while you do chores, or gardening. It helps with stress, anxiety, depression, and high blood pressure. Talk to your health care provider about exercise that is right for your health and body type.



### Take care of your mind

COVID-19 is hitting everyone really hard. Manage worry by taking a walk, taking a few deep breaths, talking to someone you trust. If you're not able to sleep or are feeling worried or sad most of the time, seek professional care. Social connection is important for feeling happy and well. Carve out time to talk with loved ones and people you care about, even though it's at a distance.

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# COVID-19 Enhanced Patient Support

This handout briefly describes the purpose and function of the Enhanced Patient Support Program

## Who are we and why did this team form?

We are a diverse team designed to support and connect people positively diagnosed with COVID-19 to medical visits, resources, and information.

We created this team out of concern for our community and wanting to more rapidly respond to community members/families who are hit hard by COVID-19. We focus on empowerment and self-advocacy. We want you and your loved ones to return to health as quickly as possible.

## What do we do?

We serve people who have a COVID-19 positive test within the last seven days, that don't have a current primary care doctor/and or don't have insurance. We have three primary functions:



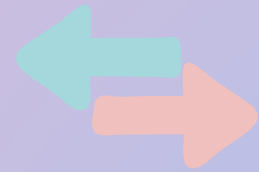
### Home visits and resource connection:

This is a free service for people without insurance and/or a primary care physician. Our team will call you to offer a health care check-in via phone and/or your home, if preferred. The home-visits only happen with agreement from the person impacted by COVID-19.



### Health Education and Partnership

The EPS team is partnering with community based organizations to help share COVID-19 health information to a broader audience of people. The partnership will also help teach the team to better respond to the community's needs.



### Communication

The EPS team is working with a communications lead to develop intercultural communications on COVID-19 and to help inform public health on meaningful communications techniques to design culturally salient communications and materials.

Hello!



## Meet the team!

- **Medical Director**, Michelle Haas
- **MD Advisor**, Lilia Cervantes
- **Operations Coordinator**, Ashley Wheeler-Bell
- **Resource Coordinator**, Alexis Juarez
- **Disease Intervention Specialist**: Flor Ramirez, Alex Perez and Ana Araiza
- **Social Worker**, Tempey Hamilton
- **Admin Assistant**, Kelcy Workman
- **Epidemiologist**, Guadalupe Solis
- **Data Systems**, Jesse Carlson

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# Enhanced Patient Support

Learn more about how you can engage with the Enhanced Patient Support program.

Here is the criteria necessary to participate in the program:

1. COVID-19 positive within the last 7 days.
2. No current PCP physician and/or insurance.
3. Denver County Resident

We have proudly partnered with:

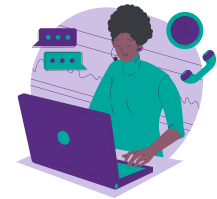
- Colorado Black Health Collaborative
- Vuela for Health
- Non-English, Non-Spanish Speaking Patient navigator team (NENS)



## Can I participate in the Enhanced Patient Support program?

The Enhanced Patient Support Team is specifically designed to meet the needs of those who meet this criteria. **To be referred someone MUST be the following:**

- Someone who is COVID-19 positive within the last 7 days.
- Someone who does not already have a primary care physician and/or health insurance.
- Someone who lives in Denver County.



We understand the need for wrap around services is great. However this team is a targeted effort for those who meet this criteria.

Contact Us!  **Phone:** 303-602-4337

 **Email:** [EPS.COVID@dhha.org](mailto:EPS.COVID@dhha.org)

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