

Stay informed with reliable sources of information and share accurate information with neighbors, friends and co-workers, especially people who may have difficulty receiving or understanding the information. Visit colorado.gov/cdphe/2019-novel-coronavirus.

Community spread can mean a few different things.

- Limited person-to-person spread (or transmission) means a person in Colorado became infected from a known exposure to another person in Colorado.
- Limited community spread (or transmission) means there are cases and outbreaks in certain communities where people became infected, and we are unable to identify the source.
- Widespread community spread (or transmission) means there are cases and outbreaks in many communities where people are spreading the virus to other people.

Be prepared for community spread of COVID-19 in Colorado.

PRACTICE EVERYDAY ACTIONS

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home if you're sick, and keep your children home if they are sick.
- Clean surfaces in your home, and personal items such as cell phones, using regular household products.

PRACTICE SOCIAL DISTANCING

- Don't shake hands. Instead, bump fists or elbows.
- When possible, increase distance between people to six feet to help reduce spread.
- Consider whether you want to take a trip or attend public gatherings.
 - [Follow CDC guidelines on travel.](#)
 - If there is ongoing spread in your community, consider reducing the number of large group gatherings or activities.
- Discourage children and teens from gathering in other public places if school is closed.

HIGH RISK POPULATIONS

- Certain people are at higher risk of getting very sick from COVID-19, including:
 - Older people (over age 60), especially those over 80 years.
 - People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
 - Older people with chronic medical conditions are at greatest risk.
- People at higher risk should take action now to be prepared for this virus if there is an outbreak in their community. For people at higher risk, preparing means being ready to stay at home as much as possible if there is an outbreak in the community and paying extra attention to everyday actions like staying away from sick people, washing your hands frequently, and avoiding crowds.
 - [cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html)
- Everyone's daily preventive actions are important in reducing spread to people who may experience more severe illness.

COMMUNITY INTERVENTIONS

- Establish community-based interventions such as school dismissals, event cancellations, and create employee plans to work remotely to help slow the spread of COVID-19.
- If there is ongoing spread in a community, local and state officials, in consultation with federal officials when appropriate, will make decisions about implementing community interventions based on the scope of community spread.
- Community interventions may be different for each community.