April 12, 2020

4:00 p.m. Update Pueblo, CO #PuebloCOVID19

Public health officials from the Pueblo Department of Public Health and Environment announced today five additional COVID-19 cases in Pueblo County. The additional cases are 61-year-old male, 40-year-old female, 44-year-old female, 87-year-old female and 97-year-old female.

Pueblo County now has a total of 63 confirmed positive cases among Pueblo County residents. Seven additional positive cases are from individuals residing in other counties (one from Alamosa, one from Crowley County, one from Huerfano County, one from Douglas County, one from Fremont County, one from Rio Grande, one from Custer County). There have been 524 tests administered in Pueblo County. There have been 431* negative results with 18 tests results still pending, and three tests unable to be read and determined unsatisfactory. To date, three Pueblo County residents have passed away.

*(Negative test results reflect only those reported by the Colorado Department of Public Health and Environment and do not include those negatives results from tests administered through private labs).

Pueblo County’s 63 COVID-19 Confirmed Cases

Cases in Pueblo by Age Group

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>0</td>
</tr>
<tr>
<td>10-19</td>
<td>1</td>
</tr>
<tr>
<td>20-29</td>
<td>7</td>
</tr>
<tr>
<td>30-39</td>
<td>7</td>
</tr>
<tr>
<td>40-49</td>
<td>10</td>
</tr>
<tr>
<td>50-59</td>
<td>12</td>
</tr>
<tr>
<td>60-69</td>
<td>9</td>
</tr>
<tr>
<td>70-79</td>
<td>8</td>
</tr>
<tr>
<td>80+</td>
<td>9</td>
</tr>
</tbody>
</table>

Cases in Pueblo by Sex

<table>
<thead>
<tr>
<th>Sex</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>37</td>
</tr>
<tr>
<td>Male</td>
<td>26</td>
</tr>
</tbody>
</table>
Watch Pueblo’s New Public Service Announcement
Community leaders share a message for Pueblo. Please share this short community video for Pueblo!  
https://www.facebook.com/PuebloHealth/videos/1063837670683595/

Parkview Medical Center to Begin Testing for First Responders on Monday
Parkview Medical Center begins limited free testing of first responders and healthcare workers for the COVID-19 virus at 8 a.m., Monday, April 13. To be eligible for the testing, individuals must have symptoms of COVID-19 and be pre-approved by the Pueblo Department of Public Health and Environment. Those being tested must bring employment verification.

St Mary-Corwin Among Centura Sites Offering Testing for First Responders
St. Mary-Corwin Medical Center is among seven Centura sites that are now offering COVID-19 testing for first responders with symptoms. Testing is available from 10 a.m. to 3 p.m. Monday through Friday at 4112 Outlook Blvd. Responder agencies interested in offering this testing to their teams should email at CenturaLovesFirstResponders@centura.org to receive the needed forms to begin the visits. First responders will be required to bring a certain form with them to get the test. For more information on what Centura Health is doing amid the COVID-19 pandemic go to www.centura.org/COVID-19.

Golf Course in Pueblo Allowed to Resume Operations Beginning Monday Under Strict Guidelines
All Pueblo County golf courses were given permission by the Pueblo Department of Public Health and Environment to resume operations beginning Monday, April 13, and must follow specific safety and health standards. Among some of the guidelines are: courses be open for use by Pueblo County residents only; tee time payments must be made on-line or by phone; pro shops remain closed; no more than four people per group; only one person allowed per golf cart and driving ranges shall remained closed. Mini-golf and frisbee-golf are not allowed at this time. For a list of all the requirements visit puebloemergency.info.

Governor Polis Announces Stay-at-Home Guide for Coloradoans
Governor Jared Polis announced a website stayathomeco.colorado.gov that provides resources support and activities for families during the period of the Stay-at-Home order which now goes until April 26. The pages will be regularly updated.

Centura Reminds Health Care Workers to Know Signs of Stress; Take Time for Self-Care
Health care professionals are encouraged to know and understand signs of stress that may be occur as a result of caring for those with COVID-19. Some of the signs to look for are:

- Problems sleeping
- Excessive fear and worry
- Headaches and fatigue
- Uncharacteristic irritability or angry outbursts
- Feeling anxious
- Withdrawal from others
- Other changes in behavior, personality and thinking

Caregivers and other essential workers should not be considered weak for having feelings that can lead to stress and instead should be supported through the following actions:

- Maintain your Health. Drink plenty of water, eat nutritious meals, exercise and get enough sleep
• Reach out to others with similar experiences.
• Use your sense of humor
• Address your spiritual needs
• Ask for help in managing problems at home while you are away
• Practice relaxation techniques
• Return to a routine

Pueblo Business Economic Recovery Team Host Webinars on Local Resources
The Pueblo Business Economic Recovery Team (BERT) hosted a webinar with representatives from the Small Business Administration about resources available. The webinar can be viewed at www.facebook.com/PuebloLCC/videos/683306525571641/

The Latino Chamber of Commerce also hosted a workforce panel discussion that can be viewed at www.facebook.com/PuebloLCC/videos/264059671430021/

Local Mental Health Resources
Health Solutions has added an online resource that addresses community resources, community support, eating well, food assistance and wellness strategies. The site is available at www.health.solutions/localsolutions. Services are also available through Health Solutions at 719-545-2746.

Help Protect Pueblo from COVID-19
Everybody has a responsibility to protect the Pueblo community and our most vulnerable in Pueblo by:

• Follow Governor’s Stay At Home order to stay at home through April 26, 2020.
• Minimize social activities and being physically close to other people.
• Isolate yourself if you feel symptoms of shortness of breath, cough, temperature of 100.4 or higher call your medical provider before visiting them.
• **Do not go to the emergency room unless medically necessary.**
• Wash your hands with soap regularly.
• Cough or sneeze into elbow or tissue.
• Stay home when you’re sick.
• Avoid touching eyes, nose and mouth.
• Avoid close contact with sick people.
• Clean surfaces frequently touched.

Pueblo Department of Public Health and Environment encourages residents and media to seek out credible, reliable sources of information on COVID-19:

  · www.puebloemergency.info
  · Pueblo’s COVID-19 Hotline 719-583-4444

All public and media inquiries in Pueblo are answered through the local hotline at Pueblo’s Joint Information Center. Pueblo COVID-19 Hotline is answering questions 8AM – 5PM, Monday – Friday 719-583-4444.

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