

## COVID-19 FAQ

### **Can I get Covid 19 from my pets or can my pets get that from me?**

Infectious disease experts and multiple human and animal health organizations agree there is no evidence at this point to indicate that household pets become ill with COVID-19 or that they spread it to other animals, including people. Since there is still a lot unknown about the virus, the Centers for Disease Control and Prevention and the American Veterinary Medical Association recommend people sick with COVID-19 limit contact with household pets and other animals.

If possible, have family, friends, or a non-sick member of your household feed and care for your pets while you are sick. If you have a service animal or you must care for your household pet and you are sick:

Avoid close contact with your service animal or household pet.

Don't share food, kiss, or hug your pets (don't allow them to kiss you, either!)

Don't sleep with your pets.

Wash your hands before and after any contact with them.

### **Should pregnant women be tested for COVID-19?**

Testing protocols and eligibility vary depending on where you live.

However, WHO recommendations are that pregnant women with COVID-19 symptoms should be prioritized for testing. If they have COVID-19, they may need specialized care.

### **I'm pregnant. How can I protect myself against COVID-19?**

Pregnant women should take the same precautions to avoid COVID-19 infection as other people. You can help protect yourself by:

Washing your hands frequently with an alcohol-based hand rub or soap and water.

Keeping space between yourselves and others and avoiding crowded spaces.

Avoiding touching your eyes, nose and mouth.

Practicing respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately.

If you have fever, cough or difficulty breathing, seek medical care early. Call before going to a health facility, and follow the directions of your local health authority.

### **Can COVID-19 be passed from a woman to her unborn or newborn baby?**

We still do not know if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy or delivery. To date, the virus has not been found in samples of amniotic fluid or breastmilk.

**Can women with COVID-19 breastfeed?**

Yes. Women with COVID-19 can breastfeed if they wish to do so. They should:  
Practice respiratory hygiene during feeding, wearing a mask where available;  
Wash hands before and after touching the baby;  
Routinely clean and disinfect surfaces they have touched.

**I have COVID-19 and am too unwell to breastfeed my baby directly. What can I do?**

If you are too unwell to breastfeed your baby due to COVID-19 or other complications, you should be supported to safely provide your baby with breastmilk in a way possible, available, and acceptable to you. This could include:  
Expressing milk;  
Relactation;  
Donor human milk.

**I have symptoms and I need to be screened, who do I call?**

If you have a primary care physician you need to contact them first for screening. If you don't have a PCP, public health staff can screen you. Please call 719-276-7450.

**Why aren't you doing mass testing on everyone in Fremont County?**

We don't have the resources available to mass test the entire county. Additionally, if you are not having symptoms, your test could come back negative today but be positive in a week.

**Why aren't you letting the public know who tested positive and where they've been so we can feel safe?**

FCDPHE follows HIPAA and protects patient privacy. During the contact investigation, those who may have been in close contact with a positive COVID-19 case will be notified and told to self-quarantine.

**I want to be tested. Can I come through the drive through testing on Wednesday?**

Testing is done by appointment only. You must have either your PCP order the test for you, after being prescreened, or prescreened by Public Health and meet the requirements for testing.

**What are the requirements for testing?**

FCDPHE is currently testing those who are symptomatic and are in the high-risk group.

**I want a test today. Why do I have to wait until Wednesday?**

We have to be very careful with our Personal Protective Equipment supplies. There is a

Nationwide shortage and we are reserving our supplies to test 1x per week. Additionally, testing doesn't change the treatment. Please self-isolate if you are experiencing symptoms and are not tested.

**Why is it taking 5 or more days to get test results?**

It is not taking 5 days to get our results. We are having results returned within 48-72 hours.

**My work wants me to show a negative test result in order to return to work. Can you do that for me?**

FCDPHE cannot do that for you. Our testing supplies are limited. There are other options such as asking your PCP to test you, or the drive through testing site in Colorado Springs.

**How many have tested positive in Fremont County?**

Please follow our Facebook page for the most up-to-date data and numbers.

**I, personally, know that more than 3 people in Fremont County have the coronavirus. Why aren't you reporting those? Are you hiding the numbers from us?**

FCDPHE is not hiding numbers from the community. We are only reporting on lab-confirmed positive COVID-19 cases. We cannot report on rumors or hearsay.

**Who is keeping track of the testing and reporting it?**

FCDPHE is tracking and reporting testing numbers.

**Is Public Health doing all the testing? What about the Canon Lodge?**

No, FCDPHE is not doing all the testing. There is a large testing site in Colorado Springs, hospital testing and primary care offices doing the testing at this point.

**Stay at home order, essential or not? How do you decide what is essential?**

Consider whether the activity or services is necessary to keep a safe and healthy home or to care for yourself, loved ones, or animals. If it is not, it likely is closed or prohibited, err on the side of protecting public health. Do not try to bend the rules or find loopholes. It's up to us all to keep people safe and build up our health care system so we can treat people who are sick and save lives.

**Can I offer curbside service for my non-critical store or business?**

No, non-critical businesses cannot have employees working to provide in-person services for curbside pickup. This is different from businesses that offer online ordering and home delivery, which is allowed.

### **What can I do as a non-critical store?**

Non-critical business may perform the minimum basic operations. This term refers to operations that help maintain the value of a residence or business, such as sanitation, landscaping, maintenance and repair services. For businesses, this also includes filling online orders to maintain the work and value of the business. Businesses that can operate through work at home arrangements are encouraged to do so.

### **Are food trucks banned in Fremont County?**

Food Trucks licensed in Fremont County are allowed to operate. Traveling food trucks are not to come into Fremont County until the stay at home order is lifted, this would be viewed as unnecessary travel under the Stay At Home order.

### **Are golf courses open?**

Golf courses can remain open for outdoor activities; however, Social Distancing Requirements must be strictly followed. Clubhouses, restaurants, snack bars and pro shops must not be open and tee times and golf fee transactions made only online. Only household members may share a golf car or be a caddy for a golfer. Golfers are strongly encouraged to not touch any equipment that is not their own (e.g. tees and flags).

### **What are Social Distancing Requirements?**

- Keeping 6 feet of physical distance between all people at all times. The 6-foot rule does not apply to people who live in the same house as you -- in other words, your roommates and family. But if you, your family, or your roommates get sick, you or they must self-isolate.
- Washing hands as often as you can. Wash with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Covering coughs and sneezes. Use a tissue, then throw the tissue away. Use your sleeve or inner elbow if a tissue is not available.

### **Are houses of worship still opened?**

Houses of worship may remain open, but MUST practice social distancing or use electronic platforms

### **Can we do a Drive in Service for Easter.**

Yes, with these stipulations:

- Use electronics that attendees can have inside the car or use a radio channel to broadcast the audio and/or video.

- If you will be providing devices, ensure they are cleaned and sanitized prior to passing them out.
- It is preferable for attendees to use their own, personal devices for audio/video.
- Attendees need to stay in their vehicles and not socialize through their vehicle windows.
- Public restrooms must be cleaned and have signage posted that they should be used by only one person at a time.
- There should be no other opportunity for in-person interaction. Do not have food or beverage or any other services at the site. Do not make available gathering spaces at this location for attendees to gather outside of their vehicles.

See full guidance document for more information,  
<https://covid19.colorado.gov/schools-workplaces-community>

### **Can I serve drinks at my restaurant or bar to people who are picking up their to go orders?**

No, food or drinks may not be consumed on the premises of restaurants or bars.

### **Should I wear a face mask in the community to prevent COVID-19?**

Colorado is asking everyone to wear a non-medical cloth face covering while out in public. You can make or buy a covering that will cover your mouth and nose and use it whenever you are outside your house and yard.

### **When do I need to wear the mask?**

Wear your non-medical, cloth face covering whenever you go out in public to get groceries or medications or to do other essential activities. Use it when going for a walk or out to exercise, if you are away from your own yard.

More mask related info here <https://covid19.colorado.gov/frequently-asked-questions-faq>

### **Can I be arrested for not following a public health order?**

Technically, yes. However, we are educating first, followed by a fine up to \$1000 if the person or business is not compliant.