



GRAND COUNTY PUBLIC HEALTH

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December 28, 2021

Public Health Update for Grand County, Colorado

The first confirmed Omicron variant of COVID-19 has been detected in a resident of Grand County. The individual had no international travel history, and potentially contracted COVID-19 from a social event on the Front Range the second week of December. There have been no further complications, and the individual has completed isolation.

There are currently other positive test samples being sequenced for the Omicron variant, but it is likely that there are more cases of Omicron in our community; nationwide, 75% of the new COVID cases are now the Omicron variant.

There have now been 14 resident deaths due to COVID complications in Grand County, and four individuals who passed within 30 days of having COVID. Our sincerest condolences go out to the families, especially around this holiday season.

The CDC recently made changes in requirements for isolation and quarantine to help reduce staffing shortages. Please see the full statement of changes [here](#).

For those who have been exposed to COVID-19 (not positive for COVID or symptomatic):

- Quarantine for five days followed by mask use for an additional five days for people who are unvaccinated or are more than six months out from their second Pfizer or Moderna dose (or more than two months after the J&J vaccine) and have not yet received a third dose (or second dose if receiving J&J).
- If a five-day quarantine is not feasible, individuals should wear a well-fitting mask around others for 10 days.
- People who have recently completed their primary vaccination series (within six months of their second dose of Pfizer or Moderna, or within two months of their J&J dose) or who have received their third dose (or second dose if receiving J&J) do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. Regardless of vaccination status, CDC recommends testing on day five after exposure or immediately if symptoms develop.

Individuals who test positive for COVID-19:

- Must isolate for 10 days.
- If no longer symptomatic after the 5th day, can resume normal activities and wear a well-fitting mask for an additional 5 days when around other people.

It is best to stay vigilant, and practice all of the same precautions we have for almost two years now. These prevention methods work best when layered by reducing disruptions to our students, staff, and businesses due to illness and quarantines.

1. Get vaccinated and boosted if you are eligible
2. Wear a mask in public indoor spaces regardless of vaccine status
3. Interact with others in outdoor spaces or well-ventilated areas
4. Distance yourself 6 feet from others outside of your household
5. Get tested if you are experiencing symptoms consistent with COVID-19

6. Stay home if you are sick or waiting for a COVID test result
7. Employers can encourage employees to work from home if that is an option

Grand County is not implementing additional restrictions at this time, though we strongly recommend that employers consider precautions to protect their employees and their guests. We will continue to monitor this situation closely, and encourage our community to take the necessary precautions to make a difference for Grand County.

Vaccines are proving to be about 75% effective at preventing illness, and 86-92% effective at reducing severe illness, hospitalization, and death against COVID-19. No vaccine is 100% effective at preventing illness. However, our goal is to prevent severe illness from happening and reduce the need for hospitalization. COVID-19 vaccine is available in multiple locations in Grand County. Visit <https://www.co.grand.co.us/vaccine> to learn more about vaccine locations

Testing options are also available on our website: <https://www.co.grand.co.us/1419/COVID-Testing-Options-in-Grand-County>

Grand County Public Health is offering rapid testing between 10 a.m. and 12 p.m. on Thursdays at 620 Hemlock St, Hot Sulphur Springs, CO. No appointment is needed.

*The most reliable test is a PCR test. If you have symptoms and receive a negative rapid test, please follow up with your provider to confirm that negative test result.

State Supported Test Sites in Grand County:

There is a saliva PCR test site behind the Inn at Silvercreek (62927 US-40, Granby, CO 80446) that is open to the public Monday, Tuesday, Thursday, Friday, and Saturday from 9 a.m. to 1 p.m.. **Appointments are required.** You can register for a test and check for your test results at <https://www.rfvcovidtest.com/>

We are working on an additional test location in the Fraser/Winter Park area. More information to come.

Most of all, if you test positive, please stay home.

- If you need help with prescription pick up and grocery essentials, please contact Mountain Family Center Monday thru Friday at 970-557-3186. or email, admin@mountainfamilycenter.org on the weekend and they will contact you as soon as possible on the following workday.
- If you are concerned about the need to see a provider and need help getting the care you need when you need it, please contact Grand County Rural Health Network at 970-725-3477 to discuss their assistance options.

There is still a lot of unknown surrounding COVID-19 and circulating variants. Expect changes as we learn more about how the virus behaves and the impact on our resources, healthcare systems, and economy. Public health fully supports individual rights and decision making. In a small community, it's important to remember that individual decisions can have a big impact.

Stay diligent and stay safe!

Sincerely,



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