



**SAN JUAN COUNTY  
PUBLIC HEALTH**

*preventive health at its peak*

SILVERTON



## **Updated SJC Public Health Order FAQ's**

All Citizens in Colorado must follow the letter and the spirit of these statewide and localized public health orders. Please stay in our community, buying local and staying home. Please consider that you are doing your part to protect the most vulnerable in our community. It is up to our community to keep people safe from getting infected by COVID-19 so we can focus on saving lives in our community. It just takes one person to infect the community of Silverton/San Juan County and the spread begins.

### **Do I have to quarantine if I leave town, even just for groceries?**

We do ask that you quarantine for 2 weeks each time you return from a highly populated activity, such as an out of town trip to a store that's enclosed with closer contact among people. However, we are not making it mandatory. At this point in time you are on the honor system and we expect that you are wearing face mask/gloves and at least ordering "pick up" when shopping in other communities. We ask that you use your best judgment that will help protect each community which means limiting your travel and changing your routines for just a while as we expect the spike in cases and deaths to occur in the next 2-4 weeks. Again, ask yourself "is that trip out of town really essential? Is it really worth the risk of bringing home the virus?"

### **I lived somewhere else for the winter months, but I want to come back to our house that i have in Silverton/San Juan County. Do we need to quarantine for 2 weeks or is that only for people who think they've been exposed to the Coronavirus in other places?**

Under the new public health order, it is mandatory that you quarantine for 2 weeks. No exceptions. This means no trips to the grocery, liquor, hardware store or post office. Call the grocery store and post office if you need to order over the phone or receive a delivery. Call San Juan County Public Health at 387-0242 and we will be able to connect you with volunteers to deliver goods on your doorstep and maintain the Social Distancing requirements.



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**Does this mean I can't even go outside if I'm in quarantine for 2 weeks?**

No, we live in the most sparsely populated County in Colorado. We know that you can recreate (bike, walk, run, ski, etc) without encountering people outside of your immediate family. We want you to get outside as it's shown to help with our physical and mental health! Stay at least 6 feet away from anyone else that you may encounter on the trail.

**Do I have to wear a mask if I'm walking outside following proper social distancing? It makes it hard to breathe.**

No, you do not as long as you are not around people outside your immediate household and are practicing social distancing of staying at least 6 feet away from another person you come into contact with.

**Why are you doing this now? My friend wants to come visit and they've been in quarantine where they live.**

Your friend is considered a visitor to San Juan County and we cannot guarantee they've not been in contact with the Coronavirus. 20% of people show no symptoms. Around 2/3 days before symptoms occur, people may be contagious. Someone coming to be with you in your house increases risk of exposure drastically.

**I am a summer business owner and I want to come to town during April to drop off supplies at my place of business, can I do that?**

If this is so crucial that you cannot wait until after April 30th and if you are able to drive into town, drop off supplies without encountering anyone else, while wearing a mask and then leave quickly, this is allowed. The point is eliminating any exposure from you to anyone here in Silverton/San Juan County.

**I have a tenant that wants to move to Silverton now in April, can they do that?**

Will this person be homeless if they don't? Are they able to quarantine themselves from everyone here for 2 weeks? We'd prefer they wait if they can but realize life circumstances can fall that way sometimes.

**I lived in San Juan County all winter but just have left to go visit family for a short trip, will I need to quarantine when I get home?**

Yes. The point is to protect our community from exposure from communities that have active cases of COVID-19.