

# COVID-19 PROTOCOLS Q&A

UPDATED APRIL 16

[www.ParkerOnline.org/Coronavirus](http://www.ParkerOnline.org/Coronavirus)

## COVID-19 PROTOCOLS

**Q:** Are Douglas County residents and businesses required to follow Colorado's new Public Health Order?

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**A:** Yes, Douglas County residents must follow the Colorado Public Health Order that was issued on April 15, 2021. While Douglas County did choose to opt out of the Tri-County Health Department's Public Health Order, Douglas County may not opt out of State Public Health Orders.

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## COVID-19 PROTOCOLS

**Q:** Are Douglas County residents still required to wear masks?

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**A:** Yes, under the new Colorado Public Health Order and the Governor's Executive Order D 2020 138, masks are still required for indoor gatherings of 10 or more individuals.

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## COVID-19 PROTOCOLS

**Q:** Is social distancing still required?

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**A:** Social distancing must be maintained for indoor gatherings of more than 100 people. Gatherings of less than 100 people are no longer subject to social distancing.

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## COVID-19 PROTOCOLS

**Q:** Can Douglas County businesses choose to be more restrictive than the state Public Health Order requires?

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**A:** Yes, businesses can choose to operate at a more restrictive level than the state's order requires, but they are not able to be less restrictive.

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## COVID-19 PROTOCOLS

**Q:** Where can I find vaccine info?

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**A:** All Coloradans 16 and up are now eligible for the vaccine. Visit the Tri-County Health Department at [www.tchd.org](http://www.tchd.org) for local information about vaccine distribution.

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## COVID-19 PROTOCOLS

**Q:** What should I do if I think I'm sick?

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**A:** If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, first call your healthcare provider or local clinic. For general questions, contact Colorado's COVID-19 hotline at 303.389.1687 or 1.877.462.2911.

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## COVID-19 PROTOCOLS

**Q:** Where can I find assistance?

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**A:** A list of Parker-based, county and state support services and programs can be found online at [www.ParkerOnline.org/Coronavirus](http://www.ParkerOnline.org/Coronavirus).

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## COVID-19 PROTOCOLS

**Q:** How to care for emotional health?

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**A:**

- Do relaxing or fun activities
- Move your body/exercise, eat healthy and get enough sleep
- Check in with family and friends
- Take breaks from news and social media
- The SAMHSA Disaster Distress Hotline is free and confidential. Call 1.800.985.5990 and press 2 or text: "TalkWithUs" to 66746; En Español: "Hablanos" to 66746

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