



August 19, 2020

## IMPORTANT NOTICE TO PARENTS

Tri-County Health Department (TCHD) was notified that an individual at the “Senior Sunrise” event, which is thought to have taken place on 8/12/2020 at the Challenger Regional Park in Parker, has been diagnosed with COVID-19. Douglas County School District and Tri-County Health Department are working together on this investigation. This letter is to notify parents of the situation. Parents, if you or your children attended this event, please read the following guidance:

**The “Senior Sunrise” event was not a school-organized event.** Public health will communicate directly to all known close contacts of the person with COVID-19. Short, passing interactions with a person with COVID-19 are considered low risk situations. If you have not received communication from public health, it is unlikely that you had any known prolonged exposure to the ill person. Be aware that there is COVID-19 circulating in our communities and it is possible that you have been exposed outside of the “Senior Sunrise” event.

**At Home:** Participants with illness consistent with COVID-19 need to follow self-isolation recommendations (<https://covid19.colorado.gov/how-to-isolate>) until the following criteria have been met:

- They have had no fever for at least 72 hours without the use of medicine that reduces fevers  
**AND**
- Symptoms have improved for at least 72 hours  
**AND**
- At least 10 days have passed since their symptoms first appeared

If you are concerned about the severity of your symptoms, then consult your health care provider. Contact the provider first before seeking medical care in person. Discussions for COVID-19 testing should be made with your health care provider. TCHD is not arranging for testing under most circumstances.

If you do not have symptoms, you do not need to do anything differently. If you choose to get tested for COVID-19 without symptoms, do so 7-10 days after the “Senior Sunrise” event. Be aware that a negative test result does not mean that you will not develop symptoms or become infected after the test. A negative test result only means that you did not have virus detected at the time of testing.

### Reminders:

We ask that you and your family maintain good hand hygiene, including washing hands really well after going to the bathroom, after outdoor activities, and before touching food. Stay home when you are sick and do not go to school or work. Stay out of other group and public settings (i.e. church organizations, grocery stores, public businesses), you may spread the virus to others.

Thank you for your help. If you have any questions please feel free to contact, **Cody Berkobien at 720-200-1579.**