



Safer at Home & in the Vast, Great Outdoors!

Colorado has slowed the spread of COVID-19 through Stay-at-Home and Safer at Home orders, and we must keep it up. The virus is still present in Colorado and can re-surge at any time. Everyone needs to do their part for themselves, their loved ones, and our community. Right now, we are in **Level 2: Safer at Home and in the Vast, Great Outdoors**. While we are all still safer at home, we are also able to practice greater social distancing in our vast outdoors than in confined indoor spaces. Much of Colorado is now open with restrictions to prevent the spread of COVID-19 and protect those at highest risk for severe illness.

People should be prepared for state and local public health orders to be extended, amended, or changed as needed to protect public health. This means we may move between the different levels during this pandemic.

Safer at Home Fast Facts

- . People who are 11 years and older are required to wear a covering over their noses and mouths.
- . Stay at home as much as possible.
- . Practice good hygiene. Wash your hands frequently and don't touch your face.
- . Wear a face covering or mask when you leave your home.
- . Connect with neighbors and loved ones virtually.

For up-to-date information on the coronavirus in our community or in the state of Colorado, visit covid19.colorado.gov or tellerCOVID.com. If you live out of the state of Colorado, contact your local government authority to obtain the most reliable site for up-to-date information.



To expedite medical assessment and care to you and your loved ones in case they need to call 911 arises in a medical emergency, local EMS workers have teamed up with “WhatsApp” to improve services and safety.

Please take the time now to download the application called “WhatsApp” on your cellular device. To download this application, go to whatsapp.com/download. Please do not wait to do this; it must be done right away because you never know when an emergency might strike. If you are not able to do this, care will still come to you, but additional services may not be available. Thank you for doing your part to keep the community safe and healthy!

The Rainbow Valley Property Owners Association is committed to the health and safety of our members and community. We are taking every effort to best represent you as we navigate through these difficult times in dealing with **COVID-19.**

Your RVPOA Board is conducting business frequently via email between Board members to stay abreast of this critical situation and will be conducting its regular monthly meetings via telecommunication to aide in distancing. You may contact the Board with questions by sending an email to **board@rvpoa.com** and we will respond promptly.

The people of our nation are being affected by more than just the threat of possible exposure and contraction of the coronavirus. Many are dealing with the stress of not being able to find critical supplies, losing their jobs or businesses, financial instability, and a feeling of isolation and fear. All of these factors can lead to depression. During this time of self-isolating take some time to sit outside on your deck, take the dog for a walk as you practice Social Distancing. Try to be kind to others and to yourself.

If you are having thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255. For Colorado local hotlines, log on to suicide.org/hotlines/colorado-suicide-hotlines.html to locate a contact number in your county. You may also call 911 and the operator may connect you with a crisis hotline.