



Colorado Stay-at-Home Order In Effect Until April 26th!

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 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 conference calls to aide in distancing. You may contact the Board with questions by sending an email to board@rvpoa.com and we will respond promptly.

For up-to-date information on the coronavirus in our community or in the state of Colorado, visit www.tellerccovid.com or www.covid19.colorado.gov. 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.

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 <http://www.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.

Things you should know:

- **How the virus spreads**

The coronavirus is thought to spread mainly person to person between people who are in close contact with one another within about 6 feet, or when a person near you coughs or sneezes and droplets from the cough or sneeze land in your nose or mouth and are inhaled into your lungs.

Try to avoid touching surfaces in public places where an infected person may have sneezed, coughed, or otherwise transferred droplets to the surface, then you touch it and transfer the liquid to your nose or mouth.

- **Take steps to protect yourself**

Wash your hands often with soap and water for at least 20 seconds, especially if you have been in a public place. If soap and water is not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Most people do not realize that you touch your face several times each hour. Make a conscious effort not to touch your face with unwashed hands.

Wearing gloves does not substitute for washing your hands or using a sanitizer. Gloves may come in contact with a contaminated surface, then when you remove them the contamination transfers to your hands and then you touch your face.

Be aware of family members and others that you know may be sick and avoid close contact. Explain your concerns and ask about symptoms - dry cough, fever, tightness of the chest or trouble breathing and be polite as you maintain a safe distance in order to keep yourself well.

If in public, apply the new term "Social Distancing" which means maintain at least 6 feet distance from others.

- **Take steps to protect others**

If you are sick, stay at home and call your doctor prior to visiting a clinic or an emergency room.

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and then wash your hands.

Wear a facemask if you are sick and have to seek medical attention, even in the car with others and close to other people.

Clean and disinfect frequently touched surfaces daily, including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks and any other surfaces you touch on a regular basis.

These guidelines along with more detailed methods for protecting yourself and others, disinfection materials and actions can be found by logging on to: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

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 <https://www.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!

