# MAKE YOUR COVID-19 PLAN

## Stay Healthy

Stay Active & Enjoy the Outdoors - Find options at *NOCORecovers.com/plan*

### Eat Healthy
- Foodbank of Larimer County: *foodbanklarimer.org/resources*
- Larimer County Extension Office: *larimer.gov/extension*

### Mental Health
- Larimer County Behavioral Health: *larimer.gov/behavioralhealth/resources*
- SummitStone Health Partners: *summitstonehealth.org*

## Get Vaccinated & Boosted

Larimer County Department of Health and Environment: *larimer.gov/health*

## Get Tested if You have Symptoms

Larimer County testing resources: *larimer.gov/health*

## Know Where to Get Treatment if You Get Sick

Resources in Larimer County: *larimer.gov/health*

## Create and Isolation Plan Just in Case
- CDC Guidance and Isolation Calculator: *cdc.gov/coronavirus*
- Paid Sick Leave under the Colorado Healthy Families and Workplaces Act: *cdle.colorado.gov/hfwa*
- Child Care Assistance: *ecclc.org*
- Financial Assistance: *larimer.gov/humanservices/public-benefits*

**NoCoRecovers.com/Plan**

#KeepNoCoOpen

## Possible COVID-19 Symptoms Include:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## If You Have COVID-19 Symptoms, Follow These Steps:

**1** **Wear a mask** as soon as you know you were exposed to a COVID positive person or when your COVID symptoms start

**2** **Take a COVID-19 Test**
- Use an at-home test or find locations at *larimer.gov/covid19* and **(970) 498-5500**
- If your COVID test is negative you do not need to isolate but continue to take precautions by wearing a mask for 10 days

**3** **If your COVID test is positive**
- Wear a mask and isolate from people who are not sick
- Use the CDC Isolation Calculator to determine the length of your isolation *cdc.gov/coronavirus* or call **(970) 498-5500**
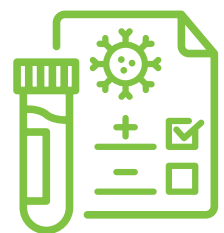
**4** **Talk to your healthcare provider about COVID treatment**
Visit *larimer.gov/covid19* or call **(970) 498-5500** for assistance

Keep NOCO OPEN