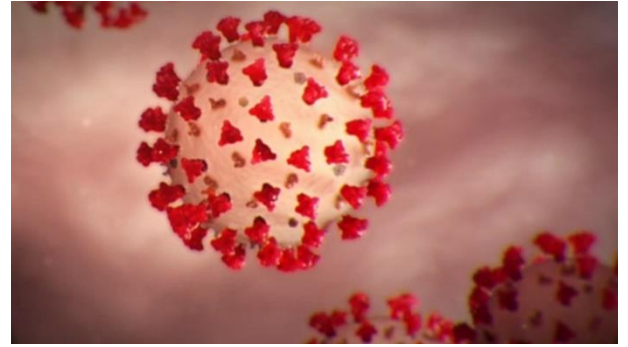


COVID-19 symptoms and what to do if you are ill:

At the request of some residents here at Frasier, here is a summary of the symptoms of COVID-19 (coronavirus) and tips on what to do if you think you might be ill.



Symptoms:

- Fever
- Cough
- Shortness of Breath

What to do:

- If you have the above symptoms, contact your physician by phone and let them know your concerns. Utilize telehealth options with your provider if possible.
- Immediately contact Michelle McParland, VP for Health and Supportive Services at 720.373.8076. She will be in touch with the Boulder County Health Department and the Colorado Department of Public Health and Environment to facilitate formal testing in your apartment and provide further guidance.
- Restrict all visitors.
- Stay in your apartment and have groceries, and medications delivered, or request meals delivered on disposable paper products from dining services if needed. Be sure to tell dining staff you are unwell.
- If you need medical care, consider Dispatch Health (720.647.5329 or www.dispatchhealth.com) which is a mobile urgent care that will come to your apartment and provide care.
- If you must leave your apartment, contact Frasier Care (720.562.4371) and request they deliver a mask for you to wear on your way out of the building. Wash your hands frequently with soap and water and use alcohol-based hand sanitizer in between washings.

