

## Please Read the below Information Carefully:

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- You were evaluated for flu-like symptoms or a respiratory illness by EMS. We are following testing guidelines provided by state and federal health agencies.
- At this time you do not meet the criteria for novel coronavirus COVID-19 testing according to the US Centers for Disease Control (CDC) and Colorado Department of Public Health and Environment (CDPHE) guidelines.
- Also at this time you do not meet the criteria requiring ambulance transport to a hospital under current crisis declaration.
- Patients with any illness should self-quarantine for at least 10 days after onset of symptoms **AND** at least 72 hours after fever resolution. You can find additional information about quarantine below:
  - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

## Contact Information:

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You may contact your primary care provider office, UHealth, Centura Health or with any questions or concerns. Remember, the below resources are **NOT** to be used for urgent needs. For medical emergencies, dial 911.

- **Centura Health:** call 866-414-1562 to talk to MyCenturaHealth staff
  - Or <https://www.centura.org/our-network/virtual-care>
- **UHealth:** Log onto your UHealth app, or download the UHealth app to your mobile device to ask questions or make appointments.
  - You can also visit <https://www.uhealth.org/access-my-health-connection/> to access/create your My Health Connection account.
  - Or <https://www.uhealth.org/services/virtual-visit/>
- **United HealthCare:** <https://emresource.juware.com/login>
- **Anthem Blue Cross Blue Shield of Colorado:** <https://startlivehealthonline.com/landing.html>
- **Kaiser:** call 303-338-4545 to speak with a licensed provider, [www.kp.org](http://www.kp.org) to talk with a physician, or [www.kp.org/getcare](http://www.kp.org/getcare) and click on “24/7 advice”.

## What to Look For:

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You should seek further medical evaluation or consider re-contacting 911 for any of the following:

- Worsening shortness of breath.
- Chest pain.
- Worsening symptoms after initial improvement.
- Severe headache or confusion.
- Any other new or concerning symptoms.

## Remember

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Guidelines for COVID-19 testing may change in the future, however you should consider avoiding crowded healthcare settings if your symptoms are mild or improving.

**Additional up to date information available at [www.TellerCovid.com](http://www.TellerCovid.com)**

**Please call 719-686-7918 ASAP and leave a message with your name, phone number, and the address at which you will be sheltered. Someone with Department of Human Services will call you back within 24 hours to discuss any support you might need to safely shelter in place.**

**Thank You**