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**6/19/2020 #2 Crowley/Otero COVID-19 Update: Risk and Benefit Information**

**Please take the time to read and understand this entire message.**

**Internet links: Before I send out each update, I check the links to make sure they are active. However, links do change from time to time, so the links I sent out today may not be the same tomorrow. You may have to search around a bit.**

Hello again. Governor Polis released some information that I wanted to share with you, please see the blue box below:

### **Balancing Risks and Benefits of Activities During COVID-19**

**Colorado remains the only state in the Pacific or Mountain time zones -- the entire western half of the country -- that is seeing a steady decline in case counts.**

That is a testament to Coloradans continuing to take the pandemic seriously and take the proper precautions: wearing masks, keeping our distance from others, practicing proper hygiene, and protecting vulnerable populations like older Coloradans and those with underlying health conditions.

As the state continues to reopen, more of the burden is placed on individuals to do the right thing. We have to use common sense and consider the level of risk when participating in certain activities.

**Before participating in an activity, Coloradans have an obligation to ask themselves:**

- How many other people will be participating in this activity?

- Is the activity outside?
- Can I put distance between myself and others?
- How long will the activity take?
- Do I feel 100% healthy?
- How will I get there? Biking, walking, driving in a car are safer than public transportation.
- Do I live with someone who is more vulnerable to COVID-19, and would be at high risk if I happened to bring the virus home?
- And what is the value of this activity to me versus the risk I am taking?

Things like camping, hiking, biking, outdoor exercise/activities, or shopping outdoors at a farmer's market are fairly **Low Risk** activities.

Things like dining out, playing on the playground, shopping indoors, or visiting a swimming pool carry a **Medium Risk**.

And then activities like airline travel, concerts, attending worship services in-person, personal services, bars, gyms, or large gatherings carry a **Higher Risk**.

**So please exercise personal responsibility, use common sense, and err on the side of caution.**

Visit [covid19.colorado.gov/risks-benefits](https://covid19.colorado.gov/risks-benefits) for more information about how we can continue to keep ourselves and each other safe and healthy.

Also, take special note of the risk/benefit information found at this link: [covid19.colorado.gov/risks-benefits](https://covid19.colorado.gov/risks-benefits)

Remember, even though restrictions are lessening and things are opening up, we are not out of this yet, not by a long shot. Let's be sure to do things correctly so we can continue moving in a positive direction. It's up to us, we are in this together.

Until next time,

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