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Minutes of the Board of Health Special Meeting held on September 7, 2021, at 6:00 pm in the Commissioners Board Room, 6693 County Road 13, Conejos, CO 81129

Comm. Jarvies called the meeting to order at 6:00 pm

Mitchell Jarvies – Chairman – Present
Carlos Garcia - Vice Chair – Present
Joseph Baroz – Vice Chair – Present

Present: Tressesa Martinez – County Administrator, Connie Ricci - HR Director, Nathan Ruybal Clerk and Recorder, Denise Jiron, Dr. Vaughn Jackson - present. Nick Sarmiento-County Attorney – Not Present

Also, in Attendance Kevin Edgar (Sanford School District Superintendent), Curt Wilson (N. Conejos School District Superintendent), Samantha Escobedo (Conejos County Dept. of Health) Stephanie Medina (S. Conejos School District Nurse), Melissa Caldon (N. Conejos School Nurse), Natalie Chavez (Conejos County Dept. of Health)

Pledge of Allegiance: Comm. Jarvies led everyone on the Pledge of Allegiance.

Prayer: Comm. Garcia gave the opening prayer.

Approval of Agenda:

Comm. Baroz makes motion to approve agenda as presented.
Comm. Garcia 2nd Motion
Motion Carries 3-0

Comm. Jarvies mentions that the Board of Health met with everyone in attendance with Denise Jiron and Dr. Vaughn Jackson where we discussed that back in August all the school nurses and Denise had met and discussed the plan regarding Covid protocol.

Comm. Jarvies references the cases from the Sanford Volleyball team where student/athletes were in close contact with Covid. students went on a 14-day Quarantine which parents and school district alike didn't think that was they way things should have been.

Discussion Topics from all attending Special Meeting.

- PCR Testing.
- Mask and Serial Testing Guidance.
- Medical Masks vs. Cloth Masks
- Vaccinations.
- Length of Quarantine and isolation time.
- Keeping kids in school.
- Educating students and parents.
- Consistent plan for all school districts county wide.
- Guidance from the State has been inconsistent.
- Delta Variant and Infection Rates.
- PCR Test vs. Rapid Tests
- Free PCR testing every week in La Jara.
- If your sick stay home!
- Testing family of kids that have tested positive.
- Moving from 14-day to 10-day quarantine.

Denise Jiron will work on a Covid Protocol document that all school districts can use with using CDPHE guidance and action items that the Board of Health have decided on. The following document has been completed and will be in effective immediately.

Conejos County Public Health

Isolation and Quarantine Protocol

Effective September 8, 2021 and is subject to change

There is a difference between Isolation and Quarantine.

- Isolation is for Positive COVID 19 cases.
- Quarantine is for the contacts of positive COVID 19 cases. These are people who were exposed to the positive case during the infectious period.

Isolation

Individuals who have COVID 19, must isolate themselves for a minimum of 10 days from the first day of symptom onset. A Medical facility (clinic/ hospital) or local Public Health authority will contact you to provide further guidance on isolation and the date isolation ends. Public health is made aware of a positive COVID 19 case after an individual has been tested and the case is reported to CDPHE.

Quarantine

Quarantining prevents the ongoing spread of the COVID 19 virus to other people by individuals who know they have been exposed or are likely to have been exposed, but do not yet know if they have been infected. It's a precaution and an effective tool to prevent viral spread since people infected with COVID-19 can be contagious even without having symptoms.

If you're fully vaccinated, you don't need to quarantine after being exposed to someone with COVID-19. However, we recommend that you **get a COVID-19 test three to five days after exposure and wear a mask in public after exposure**. These precautions will help protect the people around you in the rare case of a breakthrough infection. If you develop any symptoms of COVID-19 in the 14 days after exposure, you should get tested, even if you have a previous negative test.

Quarantining and Schools

Individuals who have been exposed to a positive case must Quarantine for 10 days. The Protocol is as follows:

1. Any exposed individual who develops symptoms must stay home a minimum of 10 full days regardless of a negative test result.
2. After staying home, and completing 5 FULL days of quarantine, Exposed Individuals that are NOT symptomatic can get a COVID 19 test on Day 6 (optional)
 - If individual does not want to get tested, they stay home for full 10 days
3. For those who choose to get tested:
 - On Day 6 or after, If they test NEGATIVE for COVID 19, (and are NOT Symptomatic) they can return to school following the standards outlined below:
 - Must wear a mask in all public places for remainder of 10-day quarantine. This includes Schools.
 - Should symptoms begin at any point, individual must go home and stay home for a minimum of 10 days
 - School officials must monitor mask wearing
 - School officials must conduct daily screening for COVID 19 symptoms
4. If a quarantined individual tests POSITIVE
 - Must go home immediately
 - ISOLATE for 10 days
 - School Official notifies Public Health

Getting Tested

1. Contact your School Nurse or other School official regarding testing times at your school. Schools have Rapid tests available to them.

2. COVID 19 Testing sites in Alamosa:

SLV Health Respiratory Clinic 719-589-3000 (by appointment)

VVHS Convenient Care 719-589-2562 (by appointment)

These clinics use PCR tests and results are not immediately known. It can take 1-5 days for results.

Free testing is available in La Jara and Antonito weekly. Please call Conejos County Public Health at 719-274-4307 for dates and times. (*Subject to change*)

Additional Information

What is the risk for each of the quarantine options?

- Based on an analysis conducted by CDC scientists, if the person in quarantine is infected, ending quarantine at day 14 results in minimal (0.1%) risk that the person will transmit the virus to someone else.
- If quarantine is shortened to 10 days without testing, the risk of transmission after 10 days is 1 in 70 (1.4%). If quarantine is shortened to 7 days with testing performed 48 hours before the end of quarantine, the remaining risk is 1 in 19 (5.5%) if a rapid test is used and 1 in 25 (4.0%) if a PCR test is used.
- Reducing the length of quarantine may make it easier for people to quarantine and is balanced against a small possibility of increasing the spread of the virus.

What else should I do?

Stay home, or in your same location, except to get medical care.

- If you have a medical appointment, call ahead and let them know you are under quarantine (either by order or self-imposed) for COVID-19, so the office can take steps to protect other people. Otherwise:
 - Restrict activities outside your home.
 - Do not go to work, school, or public areas.
 - Avoid using public transportation, rideshares, or taxis.

Practice actions that protect others.

- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes.
 - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
 - Immediately clean your hands (see above).
- Avoid sharing personal household items.
 - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - After you use these items, they should be washed thoroughly with soap and water.
- Clean surfaces every day.
 - Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

ATTEST:


Nathan Ruybal
Clerk of the Board


Mitchell Jarvies
Chair of BOCC