

Media Release

For Immediate Release

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San Juan Basin Public Health Issues Face Covering Advisory

La Plata and Archuleta counties, Colo.: San Juan Basin Public Health (SJBPH) issued a [Face Covering Advisory](#) for La Plata and Archuleta counties, effective today, April 11, 2020 as an important step to slow the spread of the disease caused by the novel (new) coronavirus (COVID-19).

SJBPH and its partners have taken strong measures to slow the spread of COVID-19, but despite these efforts, there continues to be community transmission within Archuleta and La Plata counties. Without a vaccine or treatment, additional social distancing measures are necessary.

Recent information has indicated that covering your nose and mouth can slow the spread of COVID-19 because:

- Individuals can be contagious before the onset of symptoms. You may be contagious and do not know it. If you have covered your nose and mouth, it can limit the spread of COVID-19.
- We touch our face less when our face is covered. Touching your face after touching something contaminated with COVID-19 increases your chances of getting sick with the virus.

The face covering advisory is particularly important for essential workers such as grocery and restaurant employees when they are regularly interacting with the public. The advisory also applies to anyone who leaves their home to meet essential needs.

Information on how to make face coverings and properly care for them can be found at:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

For the most up to date information on how to take precautions against the spread of COVID-19, visit SJBPH's website at: <https://sjbpublichealth.org/coronavirus/>

San Juan Basin Public Health is a local public health agency, governed by a seven-member local Board of Health, serving all residents of La Plata and Archuleta counties. For over 70 years, San Juan Basin Public Health has improved the health and environment of the Southwest Colorado community.

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