Gov. Polis Provides Update on State’s Response to COVID-19, Urges Coloradans to Step Up & Do Their Part to Slow Spread of Deadly Virus

POWER - Today, Governor Jared Polis provided an update on the state’s response to COVID-19.

"Colorado is facing a regulation to wear a maskindoors for the next 30 days, and all hospitals and other high-risk areas have made a commitment to wear them at all times. It is critical that we all do our part to slow the spread of COVID-19 by wearing masks in public spaces, washing our hands frequently, and maintaining social distancing."

Throughout the pandemic, the state has developed better understanding of how the disease spreads, from the efficacy of masks to the importance of contact tracing. The state has also enhanced contact tracing and testing capabilities that are available to all citizens. The Governor emphasized the importance of public cooperation in the fight against COVID-19.

"As a collective, we have worked tirelessly to contain the spread of COVID-19. But we cannot let up. We must continue to wear masks, practice social distancing, and take other necessary precautions to protect ourselves and our communities."

The Governor continued to urge all Coloradans to take three key steps to help slow the spread of COVID-19:

1. **Wear a Mask**
   - The number of masks is crucial. If you are wearing a mask, you can significantly reduce the risk of transmission.
   - Wear masks in public places, especially in areas where social distancing is difficult to maintain.

2. **Practice Social Distancing**
   - Maintain a safe distance of at least 6 feet from others.
   - Avoid large gatherings and limit contact with others.

3. **Follow Public Health Guidelines**
   - Wash your hands frequently with soap and water for at least 20 seconds.
   - Avoid touching your face, nose, and mouth.

The Governor emphasized the importance of continued cooperation and reminded Coloradans of the sacrifices they have made to contain the spread of COVID-19. He encouraged everyone to continue doing their part to protect themselves and others.

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**COLORADO**

Governor Jared Polis

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