



MEDIA RELEASE

FOR IMMEDIATE RELEASE:

Date: July 16, 2021

Health Department provides tips on risk factors leading to serious COVID-19 complications and the importance of seeking care early

Moffat County, Colorado –

According to the CDC, many comorbidities and conditions make it more likely that a person who contracts COVID-19 will have severe symptoms, require hospitalization or die. It is particularly important for those with any of these risk factors to take precautions to avoid contracting the virus as well as consider vaccination:

- older age
- obesity
- high blood pressure or other vascular diseases, including stroke and heart disease
- lung disease and smoking history currently or formerly
- cancer
- pregnancy
- kidney and liver disease
- dementia
- altered immune system conditions, including HIV
- substance use disorder

Each of these conditions confers high risk for persons contracting COVID-19. Of course having two or more on the list markedly elevates the seriousness.

Health Department: “We are seeing an increase in severe illness in younger people with the Delta Variant and people waiting too long to seek care which has resulted in death. If you are not feeling well or have tested positive for the virus, please consult with your medical doctor or other healthcare provider with any questions or concerns early on. The decision to vaccinate is up to you and we respect your decision. Our role is to support any questions you may have and direct you to trusted sources to do your own research. We will also continue to offer opportunities for vaccination. Our goal as it has been throughout the pandemic, as we are sure is yours, is to get back to our lives, protect the community and economy and protect ourselves and the health of Moffat County.”

COVID-19 disease can be very sneaky. The disease can gradually come on, not unlike a cold, allergies or mild flu. In other cases it comes on very quickly without a doubt that you are sick, sick, sick. So when do you need to contact your doctor, or other health care provider or the ER? Reports that have come in locally indicate many people wait at home too long, thus failing to get help when the disorder is treatable

and hospitalization is preventable. Remember that in summer the flu and the common cold are at a low prevalence. Allergies are readily apparent usually as the person has experienced the symptoms previously.

A fever, shortness of breath, generalized aches including headache are all symptoms that need to be taken seriously. A few days later in the disease may come loss of smell and or taste, symptoms that are mostly likely due to COVID-19. If you are experiencing severe or uncontrollable nausea or vomiting that is also a warning sign to seek care. Of deep concern are the elderly and those with the aforementioned comorbidities. The Delta Variant is presenting in younger populations making it of particular importance to monitor closely for symptoms.

As primarily a lung infection, symptoms like shortness of breath and chest pain should elicit a call to your health care provider, or if not available, to the hospital ER. Medical staff on the phone can give you trusted advice. And if there is a high level of concern, they will ask you to come in for examination and testing. Do not wait until you are not ambulatory, in which case an ambulance trip will be required. Call or get to your health care facility if you're in doubt. Remember, seeking care early can save you or your loved ones' life.