
DELTA COUNTY COVID-19 UPDATE

Delta, Colorado (November 29, 2021): Delta County COVID-19 Informational Update

COVID-19 continues to spread in Delta County. From Tuesday, November 23, 2021 through today, Delta County has seen 89 new cases for a total of 4,563. Delta County's positivity rate sits at 9.6%. Delta County Health Department continues to strongly encourage all Delta County residents to get vaccinated, wear a mask in indoor settings and large gatherings, to wash your hands thoroughly and often, to stay home if you aren't feeling well—and get tested!

Delta Health has 10 individuals hospitalized with COVID-19; their ICU bed utilization is at 33%. Delta Health wants to continue to remind all residents that, if you have recently been diagnosed with COVID-19, and are at an increased risk of becoming seriously ill and / or being hospitalized, to please contact your physician regarding the possibility of receiving a Monoclonal Antibody Infusion treatment. The monoclonal antibody prevents those already infected from getting severe disease.

Delta County Health Department and Delta Health would like to stress the importance of getting the flu vaccine this year, in addition to the COVID-19 vaccine. The Center for Disease Control (CDC) said although flu activity remains low nationwide, over 90% of new cases in recent weeks have involved children and young adults ages 5 to 24. The H3N2 strain accounts for the majority of cases this season. In addition, with regards to the new Omicron variant, vaccines still remain the number one, most effective way to combat serious illness and death, from COVID-19.

Delta County Health Department (DCHD) will offer a pediatric vaccine clinic on Thursday, December 2, from 4:00p -6:00p, at Cedaredge Middle School. It is not necessary to pre-registration, walk-ins are welcome. On Tuesday, December 7, Delta County Health Department will offer another pediatric vaccine clinic at the Hotchkiss K8 school from 4:00p – 6:00p.

The State's COVID-19 vaccine bus will be in Delta County again this week offering 1st, 2nd, booster and pediatric doses of the COVID-19 vaccine, they will also have the flu vaccine available:

- Sunday, December 5 – Delta County Fairgrounds in Hotchkiss– 8:00a – 12:00p
- Sunday, December 5 – Poulos Park in Paonia – 2:00p – 5:00p

Delta County Health Department wants to remind everyone that taking care of one's physical and mental wellbeing is crucial, during the holidays and all year long. This time of year can be particularly stressful, but stress relief activities are not helpful if you aren't taking care of yourself. Going to the gym or working out isn't particularly helpful if you are loading up on junk food due to stress. Unfortunately, however, many people view self-care as a luxury, rather than a priority; many are left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.

It's important to assess how you're caring for yourself more broadly, so that you can ensure you're caring for your mind, body, and spirit. This starts with physical care; are you getting enough sleep, eating healthy, and exercising? Next is social self-care—are you keeping in touch with friends and family? Are you able to foster your work relationships in a meaningful way? Let's not forget mental self-care; mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books or watching movies that inspire you fuels your mind. Mental self-care also involves doing things that help you stay mentally healthy. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue. Next is spiritual self-care—whether you enjoy meditation, attending a religious service, or praying, spiritual self-care is important. Last is emotional self-care, it's important to have healthy coping skills to deal with uncomfortable emotions like anger, anxiety and sadness.



Delta County Health Department and all Delta Health Clinics are offering pediatric COVID-19 vaccines, as well as the COVID-19 Booster to anyone 18 and older if they are fully vaccinated. **If you have not been vaccinated, or are in need of a vaccine booster, please schedule your appointment NOW, at any one of the COVID-19 vaccine providers below:**

- Delta County Health Department – call 970-874-2165
- Delta Health Internal Medicine – 970-874-7668
- Delta Health Family Medicine – 970-874-5777
- Delta Health West Elk Clinic – 970-872-1400
- River Valley Family Health Center or Convenient Care – 970-874-8981
- City Market Delta - <https://www.citymarket.com/rx/covid-eligibility>
- City Market Hotchkiss - www.citymarket.com/rx/covid-eligibility
- Safeway Delta - www.mhealthappointments.com/covidappt
- Walmart Delta:
www.walmart.com/cp/1228302?search_redirect=true&redirect_query=covid%2019%20vaccine%20registration&redirectQuery=covid%2019%20vaccine%20registration

With the COVID-19 Delta variant’s stronghold in the area, and with more and more breakthrough cases occurring, Delta County Health Department cannot stress enough, the importance of getting tested should you or a family member not feel well! And if you or a family member doesn’t feel well, please stay home! There are several options for COVID-19 testing in Delta County:

- Delta County Health Department, 255 W. 5th St., Delta
 - Every Tuesday by appointment - 970-874-2165
- North Fork EMS, 110 E. Hotchkiss Ave., Hotchkiss
 - Every Wednesday – drive up only
 - 10:00a – 1:00p
- Tru Vu Drive-In Theatre, 1001 Hwy 92, Delta
 - Every Wednesday and Friday
 - 9:00a – 4:00p
- Delta Health Internal Medicine – 970-874-7668
- Delta Health Family Medicine – 970-874-5777
- Delta Health West Elk Clinic – 970-872-1400
- River Valley Family Health Center or Convenient Care – 970-874-8981

For additional information regarding COVID-19 visit deltacounty.com.

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