



**COLORADO**  
Department of Health Care  
Policy & Financing

1570 Grant Street  
Denver, CO 80203

Friend,

As you may have heard, the rising trend of COVID-19 cases is putting the lives of Coloradans at risk. One in 64 people living in Denver is infected or contagious, and one in every 110 Coloradans statewide is contagious as well. At the same time, the dramatic increase in COVID19 infections is pushing our healthcare system to its limits. If we follow tradition this holiday season - with large gatherings of family and friends - we will spread the infection even further across our communities, and also push our healthcare system past its ability to care for all those in need.

Thanksgiving is traditionally a time for family and friends to gather in gratitude, to renew and catch-up, and celebrate each other. This year, in order to prevent catastrophic spread of the virus, please gather only with members of your immediate household and use virtual tools like Zoom to connect, catch-up and celebrate. Every choice we make now will affect the health and safety of our families, our communities, our healthcare workers and our hospital systems for weeks and months to come.

**Actions you can take to help keep all of us safe:**

1. Wear your mask. Wash your hands. Socially distance - at least 6 feet apart from individuals outside of your household
2. **Please only interact with your household during the holidays.** Consider hosting a virtual dinner or celebration. The CO Dept of Public Health & Environment has issued Thanksgiving guidelines available on their website at <https://covid19.colorado.gov/thanksgiving>.
3. **Add exposure notifications to your phone.** This helps with contact tracing to reduce the COVID19 spread: [addyourphone.com](http://addyourphone.com)

From our family to yours, we wish you a safe and healthy Thanksgiving holiday.

Sincerely,

A handwritten signature in black ink that reads 'Kim Bimestefer'.

Kim Bimestefer  
Executive Director  
Department of Health Care Policy and Financing

