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PUBLIC SERVICE ANNOUNCEMENT

Coronavirus Disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19) & where did it come from?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How many cases have been reported in California?

As of March 19, 2020, in California there were 1,006 positive cases confirmed. There have been 19 deaths reported in California.

How many cases have been reported in Tehama County?

At this time there have been **NO cases** of COVID-19 reported within Tehama County.

It is currently flu season and not too late to get a flu vaccination!

According to the California Department of Public Health (CDPH) Influenza Surveillance Program's weekly report from March 1-7, 2020 flu is widespread. In California, there have been 598 influenza deaths reported on death certificates since September 29, 2019. Since March 1, 2020 in Tehama County there have been 74 people test positive for Influenza. CDPH is recommending people get their annual flu vaccination.

Where can I get information on COVID-19?

Information on COVID-19 is changing daily and the Tehama County Health Services Agency Public Health is working with the Tehama County Joint Information Center and others to help inform the public of these changes. Our most up-to-date information can be found at our website www.tehamacountyhealthservices.net as well as the following sources.

- Tehama County residents can dial 2-1-1 or visit <https://211norcal.org/tehama/>
- You can also text CORONAVIRUS to 211211
- For the most current information on COVID-19 visit the [CDC](https://www.cdc.gov) website
- For current guidance for California visit the website www.covid19.ca.gov

Please review these sites prior to calling the Public Health.

Is testing for COVID-19 taking place in Tehama County?

Yes, Tehama County medical providers are currently testing individuals who meet criteria to be tested for COVID-19 and testing for Influenza A and B. As of March 19,

2020 Public Health is aware of 30 tests that have been completed and all were negative for COVID-19. Test results for COVID-19 can take anywhere from 2-5 days to come back.

If you are *not* experiencing symptoms for COVID-19 (fever, cough, shortness of breath) it is not recommended you be tested. If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider before seeking medical care so that appropriate precautions can be taken. Please contact your primary doctor first as to not overly impact our local hospital.

If you are tested for COVID-19 your provider may ask you to self-isolate and self-monitor your symptoms until your test results come back. Take your temperature in the morning and at night, 30 minutes before eating, drinking or exercising. Keep a log of your temperatures and any coughing or difficulty breathing you may experience. Seek prompt medical attention if your symptoms worsen. Please call ahead to your medical provider and wear a mask.

What is the difference between self-isolation and self-quarantine?

Isolation and quarantine are used to protect the public by preventing exposure to infected persons or to persons who may be infected.

- Isolation separates ill persons who have a communicable disease from those who are healthy. Isolation restricts the movement of ill persons to help stop the spread of certain diseases.
- Quarantine is used to separate and restrict the movement of well persons who may have been exposed to a communicable disease to see if they become ill. These people may have been exposed to a disease.

How is Tehama County preparing and responding to COVID-19?

Tehama County Health Services Agency – Public Health continues to monitor the situation by staying in contact with federal, state, and local officials. Our focus is to reduce the impact of COVID-19 while following guidance from Centers for Disease Control and Prevention (CDC) and CDPH.

- Daily communication with CDC, CDPH and St. Elizabeth Community Hospital.
- Local meetings with the Tehama County Health Officer, Tehama County Sheriff's Office of Emergency Services, Tehama County administration, Law Enforcement, Tehama County Department of Education administrators and School Nurses.
- Providing information to the public, healthcare providers, and local businesses.

Executive Orders

On March 19, 2020, Governor Newsom in conjunction with the State Public Health Officer, issued an executive order to stay at home or their place of residence. To view the State Public Health Officer's order visit

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Health%20Order%203.19.2020.pdf>.

What can I do to prevent the spread of respiratory viruses?

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Cover a cough or sneeze with a tissue or your sleeve. Dispose of tissue and wash your hands afterward.
- Don't touch your eyes, nose or mouth.
- Keep your distance. Avoid close contact with sick people and stay 6 feet away from people when possible.
- STAY HOME. If you are experiencing respiratory symptoms like a cough or fever, stay home.
- CALL AHEAD. If you experience symptoms of COVID-19 (fever, cough, shortness of breath), call your health care provider before seeking care.

Do I need to wear a mask?

The Centers for Disease Control & Prevention (CDC) is **not** recommending that the general public wear masks. However, if you are sick, or suspect you have a virus, they do recommend you should wear a surgical facemask when you are around other people. Tehama County Public Health does not have facemasks available for the general public at this time.

Am I at an elevated risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- Individuals with compromised immune systems
- Individuals who have serious chronic medical conditions such as: Heart Disease, Diabetes and Lung Disease

If you are at higher risk for serious illness from COVID-19 because of your age or health condition, it is important for you to take actions to reduce your risk of getting sick with the disease. Monitor the CDPH Guidance for "[Self-Isolation for Older Adults and Those Who Have Elevated Risk](#)" from CDPH available online.

Actions you can take to reduce your risk, in addition to the actions listed above include:

- Remain at home until further guidance is issued. Cancel non-essential travel and appointments. For routine medical care, or if you develop symptoms of fever, cough and shortness of breath or difficulty breathing contact your doctor.
- Continue with your normal outdoor activities such as walks or yardwork while still practicing social distancing. Avoid handshakes, hugs or other intimate greetings.
- Stay in touch with others by phone, email or online communication.
- Identify family, friends, neighbors and caregivers who can provide support. Anyone coming into your home to provide you support should not have fever, cough or respiratory symptoms.
- Have supplies on hand; medications, non-perishable foods, cleaning supplies, and medical supplies for fever and cough such as tissues, thermometer, etc.
- Clean and disinfect your home, especially frequently touched surfaces, with common cleaning supplies.

Travel Guidance

Please refer to [CDC](#) and [CDPH](#) for current guidance on travel. On March 15, 2020 the CDC issued guidance recommending all persons defer any travel on cruise ships,

including river cruises, worldwide because of the increased risk of SARS-CoV-2 transmission onboard ships.

Information and Resources:

Please make sure your information is coming from a reliable source; such as the CDC and CPDH. Tehama County Health Services Agency is receiving regular communication from the state and federal health officials and keeping our local hospital and clinics updated with this information. Here are some links to view current information and resources online:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx#>
- www.covid19.ca.gov