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March 11, 2020
For Immediate Release

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 10, 2020, in California there were 157 cases diagnosed. There have been two 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.

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

Our focus is changing from a containment strategy (identifying cases and contacts) to one of community mitigation—taking steps to lessen the broad impact of disease. Tehama County Health Services Agency-Public Health continues to work with the federal Centers for Disease Control and Prevention (CDC), California Department of Public Health (CDPH) and local partners to manage testing and monitoring of persons who have been exposed to COVID-19. Our Tehama County Health Officer has been actively working with local officials to keep them updated and provide guidance as events unfold. Our nursing team has been working with local hospitals, providers and the state to implement testing protocols and management strategies for suspect cases. In addition, public health staff are staying informed of state and federal changes and communicating those changes and guidelines to the general public, medical professionals, businesses and schools.

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

- Avoid close contact with people who are sick.
- Avoid shaking hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- You should use a barrier, such as a paper towel or tissue, to touch commonly touched surfaces, such as any door handles or elevator buttons.

- 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.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces.
- Social distancing—staying at least 6 feet away from all other people—should be attempted where possible.

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.

Is it okay to donate blood?

We encourage individuals to continue to donate blood as this is a needed resource for our community. Blood banks have always required individuals to be in good health to donate blood, and the blood collection process follows policies established by the Food and Drug Administration (FDA) to keep donors and patients safe. In addition to barring non-healthy individuals from donating, blood banks are telling individuals not to donate if they have visited CDC travel warning countries, currently Mainland China, South Korea, Iran and Italy within 28 days or have had an infection or been exposed to someone suspected of having a COVID-19 infection. The blood collection process is safe as well. In addition to the vigorous FDA-mandated testing of all blood components donated, blood banks follow rigorous safety and disinfection protocols within their mobile and fixed donation centers.

Am I at 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 like:
 - o Heart disease
 - o Diabetes
 - o 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. Actions you can take to reduce your risk includes:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick and stay away from large gatherings and crowds.
- Stay home as much as possible. Consider ways of getting food brought to your house through family, social, or commercial networks.

What to expect if you do come down with the Coronavirus?

If an individual comes down with Novel Coronavirus they would be asked to self-isolate which would require the individual and their family member(s) to stay at home for up to 14 days, and the following protocol would need to be put in place:

- Stay at home except to get medical care. Do not go to work, school or public areas. The California Employee Development Department (EDD) is encouraging individuals who are unable to work due to exposure to COVID-19 to file a Disability Insurance claim. You would need to make arrangements to have groceries and household items delivered to your home.
- Separate yourself from other people in your home.
- Wear a facemask when you are around other people.
- Cover your coughs and sneezes.
- Clean your hands often with soap and water for at least 20 seconds.
- Avoid sharing personal household items such as dishes, drinking cups, eating utensils, towels or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.
- Monitor your symptoms. Seek prompt medical attention if your symptoms worsen. Please call ahead to your medical provider and wear a mask.

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#>