

TEHAMA COUNTY HEALTH SERVICES AGENCY



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PUBLIC SERVICE ANNOUNCEMENT

PROTECT YOURSELF: RESPIRATORY ILLNESS SEASON

As we approach early fall, it's important to follow the California Department of Public Health's (CDPH) recommended strategies to protect yourself and others from respiratory illnesses, such as influenza, COVID-19 and respiratory syncytial virus (RSV). California is seeing an increase in influenza earlier this year compared to previous years. As such, Tehama County Public Health is recommending residents consider early vaccination for influenza.

How to protect yourself from respiratory viruses:

Practice good hand hygiene: Wash hands with soap and water for at least 20 seconds. Ensure thorough cleaning, including under nails and between fingers. Use hand sanitizer when soap and water aren't available.

Coughing and sneezing: Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow, not your hands.

Surface cleaning: Clean frequently touched surfaces, such as countertops, handrails, and doorknobs.

Vaccination: Stay up to date on recommended vaccines. You can check if you are up to date through your [digital vaccine record](https://myvaccinerecord.cdph.ca.gov/) (<https://myvaccinerecord.cdph.ca.gov/>). Below are the recommendations from California Department of Public Health (CDPH) regarding respiratory virus vaccines:

Age/Condition	COVID-19	Influenza	RSV
Children	• All 6–23 months • All 2–18 years with risk factors or never vaccinated against COVID-19 • All who are in close contact with others with risk factors¹ • All who choose to reduce risk of severe illness	• All 6 months and older²	• All younger than 8 months³ • All 8-19 months with risk factors
Pregnancy	• All who are planning pregnancy, pregnant or postpartum	• All who are planning pregnancy, pregnant or postpartum	• All who are 32-36 weeks gestational age^{3,4}
Adults	• All 65 years and older • All 19–64 years with risk factors • All who are in close contact with others with risk factors¹ • All who choose to reduce risk of severe illness	• All	• All 75 years and older⁴ • All 50–74 years with risk factors⁴
Healthcare Workers	• All	• All	• All who meet criteria above

1. COVID-19 vaccine is available for persons 6 months and older.

2. Two doses given at least 4 weeks apart are recommended for ages 6 months–8 years who are getting flu vaccine for the first time.

3. Protect infants with either prenatal RSV vaccine or infant dose of nirsevimab or clesrovimab.

4. RSV vaccination during pregnancy or for adults is currently recommended once rather than annually.

If you have a respiratory virus (including influenza, RSV or COVID-19)

1. **Stay home** and away from others if you have respiratory virus symptoms. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache among others.
2. You can go back to your normal activities when, your symptoms are getting better overall, **and** you have not had a fever (and are not using fever-reducing medication) for 24 hours.
3. When you go back to your normal activities, take added precaution over the next 5 days, such as: wearing a mask around others and avoiding crowded areas.
 - a. Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better.
 - b. If you develop a fever or symptoms again after you have gone back to normal activities, isolate again as you would for a new infection.

Testing and Treatment

Test kits are widely available at pharmacies and other retailers. Tests may still be free through your insurance. Partnership HealthPlan still covers 4 home test kits per month, so check with your pharmacy. Expired test kits can still be used if the control line appears on the test, however, this option should only be used if no unexpired tests are available. Rapid test kits available for purchase typically include COVID-19 only or COVID-19 and Influenza A and B strains. RSV testing is typically available through clinics, urgent care centers, or your healthcare provider. If you are at higher risk of severe illness, contact your provider early to determine whether testing is recommended. Early testing ensures those who need treatment get it as soon as possible.

Most people with mild illness from COVID-19, influenza, or RSV recover at home with rest, fluids, and over-the-counter medications for fever and discomfort.

If you test positive for COVID-19 or influenza and *are at higher risk for severe illness*—such as older age, pregnancy, obesity, chronic lung or heart disease, diabetes, or a weakened immune system—seek medical care right away. Prescription antiviral medications, including Paxlovid for COVID-19 and Tamiflu (oseltamivir) for influenza, are most effective when started within the first few days of symptoms.

As we each do our individual part to protect ourselves and others, we can help slow the spread of respiratory viruses in our community.

For more information contact:

Tehama County Health Services Agency - Public Health
Red Bluff: (530) 527-6824 or Toll Free: 1-800-655-6854

Spanish table:

Edad/Condición	COVID-19	Influenza (Flu)	RSV
Niños	• Todos los de 6-23 meses • Todos los de 2-18 años con factores de riesgo o nunca vacunados contra COVID-19 • Todos los que están en contacto cercano con otras personas con factores de riesgo [1] • Todos los que eligen la protección [1]	• Todos los mayores de 6 meses [2]	• Todos menores de 8 meses [3] • Los de 8-19 meses con factores de riesgo a Embarazo
Embarazo	• Todas las que estén planeando el embarazo, el posparto o la lactancia	• Todas las que estén planeando el embarazo, el posparto o la lactancia	• 2-36 semanas de edad gestacional [3] [4]
Adultos	• Todos los mayores de 65 años • Todos los menores de 65 años con factores de riesgo • Todos los que están en contacto cercano con otras personas con factores de riesgo [1] • Todos los que eligen protección	• Todos	• Todos los mayores de 75 años [4] • Todos los 50-74 años con factor de riesgo [4]
Trabajadores de la salud	• Todos	• Todos	• Todas las personas que cumplan con los criterios anteriores

1. La vacuna contra el COVID-19 está disponible para personas de 6 meses de edad en adelante.
2. Se recomiendan dos dosis, administradas con al menos 4 semanas de diferencia, para niños de 6 meses a 8 años que reciben la vacuna contra la influenza por primera vez.
3. Proteja a los bebés mediante la vacuna contra el VRS durante el embarazo o mediante una dosis infantil de nirsevimab o clesrovimab.
4. Actualmente, se recomienda la vacunación contra el VRS durante el embarazo o para adultos una sola vez, en lugar de anualmente.