



# TRINITY COUNTY HEALTH AND HUMAN SERVICES

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## PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: 3/16/2020

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### Coronavirus (COVID-19) Health Advisory

TRINITY COUNTY – The Trinity County Office of Emergency Services in collaboration with Health and Human Services (HHS), Public Health Branch (HHS-PHB), and Environmental Health (EH) is working closely with the California Office of Emergency Services, California Department of Public Health (CDPH) and the Center for Disease Control and Prevention (CDC) to monitor COVID-19 activity and to plan and implement strategies to protect our residents from the spread of COVID-19.

As of 3/16/2020 there are no confirmed cases of Coronavirus (COVID-19) illness in our County. As of 3/15/2020 in California:

- 8,316 tests have been done.
- There have been 335 positive tests in the state.
- There have been 6 deaths reported in the state related to COVID-19.

Trinity County agencies are recommending the implementation of the social distancing and self-quarantine guidelines that Governor Newsome provided on 3-15-2020:

- Requesting all over the age of 65 or those with chronic medical conditions such as heart disease, lung disease, diabetes, or other chronic conditions putting them at increased risk for serious illness due to COVID-19 to start long-term home isolation due to their increased risk of serious illness.

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- Requesting all bars, wineries, and brew pubs to close.
- Requesting to consider take out or delivery rather than dining in an establishment.
- Requesting restaurants to decrease their maximum occupancy by 50% to facilitate separation of people that don't normally congregate by 6 feet to ensure social distancing. For example, a family of 4 that are in contact with each other on a regular basis sitting together at the same table in a restaurant should be 6 feet away from others in the restaurant that they would not normally be in close contact with.
- The above are all to be self-enforced. The Governor expects these people and establishments to obey. He does not see the need for police powers to be utilized for enforcement, but this could be a possibility.
- There are to be NO VISITORS to hospitals, nursing homes, skilled nursing facilities, senior living centers, etc. (where the elderly are residing) except for end-of-life events.
- Although, the Federal Drug Administration (FDA) and California Department of Public Health (CDPH) are not currently aware of any reports of human illness COVID-19 being spread directly from food or food packaging, we are advising the public to follow good hygiene practices when handling or preparing food, such as washing hands and surfaces often.

Also, to prevent the potential spread of COVID-19, Trinity County is following the CDPH and CDC recommendations around mass gatherings

- Large gatherings that include 50 people or more should be postponed or canceled.
  - This includes gatherings such as concerts, conferences, and professional, college, and school sporting events.

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- Smaller gatherings held in venues that do not allow social distancing of six feet per person should be postponed or canceled.
  - This includes gatherings in crowded auditoriums, rooms or other venues.
- Gatherings of individuals who are at higher risk for severe illness from COVID-19 that do not self-quarantine should be limited to no more than 10 people.
  - This includes gatherings such as those at retirement facilities, assisted living facilities, developmental homes, and support groups for people with health conditions.
- A “gathering” is any event or convening that brings together people in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, cafeteria, or any other indoor or outdoor space.

Persons being tested for COVID-19 are considered Persons Under Investigation (PUIs). Persons designated as PUIs and those who have a confirmed case of COVID-19 through testing must follow the isolation precautions identified here:

- Separate yourself from other people and pets:
  - Stay at least 6-10 feet from others within a dwelling
  - Sleep in separate bedroom if possible
  - Use separate bathroom if possible
- Do not go out into public except in the case of an emergency.
- If you must go out in public or be in close contact with others (less than 6 feet) wear a mask at all times.
- Call ahead before visiting your doctor or clinic unless you require emergency care. Let them know you are sick with a cough, fever, or shortness of breath, and have been tested for COVID-19.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or are being tested for COVID-19. If possible put on a mask before medical services arrive.

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- Cover your mouth and nose with a tissue when you cough or sneeze and throw tissue in lined trash can immediately clean your hands with soap and water or hand sanitizer.
- Clean your hands often using soap and water or hand sanitizer when soap and water not available. Wash your hands for at least 20 seconds.
- Clean all high-touch surfaces every day, this includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones. Use a household cleaning spray or wipe, according to the label instructions.
- Avoid sharing personal household items including eating utensils, plates, drinking glasses, towels, or bedding. After using these items, they should be washed thoroughly
- Follow all healthcare instructions.
- Discontinuing Home isolation:
  - Once you are informed your test for COVID-19 is negative, you do not have the illness.
  - For those with COVID-19:
    - Remain under home isolation precautions until doctor or clinic advises you are no longer able to spread the illness to others.

Additional helpful information is included below:

## Testing for COVID-19 is indicated in individuals who have symptoms consistent with the illness:

- Symptoms may appear 2-14 days after exposure and are identified as:
  - Fever
  - Cough
  - Shortness of Breath

## How COVID-19 Spreads

The virus is thought to spread mainly from person-to-person.

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- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

A paper face mask is helpful in preventing these droplets from infecting others in close contact with the individual who is coughing or sneezing. Paper masks are to be used by those persons that are ill to prevent the spread to others.

## Can someone spread the virus without being sick?

- People are thought to be most contagious when they are symptomatic (the sickest).
- Some spread might be possible before people show symptoms; however, this is not thought to be the main way the virus spreads.

## Can COVID-19 be spread from contact with contaminated surfaces or objects?

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

It is important to wash hands with soap and water frequently and avoid touching eyes, nose and mouth with unwashed hands.

TIP: A general recipe for a homemade surface sanitizer can be made for cleaning surfaces with regular bleach, 1 tbsp bleach per 1 gallon of water will give you a 200ppm solution, which is the concentration recommended, but remember to follow the manufacturer's guidelines on use.

Community members and businesses can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants. (<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>)

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You can also prepare for the other possible disruptions caused by an outbreak:

- Make sure you have a supply of all essential medications for your family;
- Make a childcare plan in case you or a care giver become sick;
- Make arrangements about how your family will manage a school closure; and
- Make a plan for how you can care for a sick family member without getting sick yourself.

**Please contact Trinity County Office of Emergency Services at 530-623-1116 or your healthcare provider if you have any questions or concerns.**

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