



# TRINITY COUNTY HEALTH AND HUMAN SERVICES

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## PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: 5/11/2020

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### Coronavirus (COVID-19) Health Advisory

TRINITY COUNTY – The Trinity County Health and Human Services (HHS) Public Health Branch (PHB) wants to reassure residents that efforts continue to protect our communities from the spread of COVID-19. In regards to any confirmed cases of COVID-19 in Trinity County, HHS-PHB will not release any information that would enable an individual to be identified.

Over the last two days, HHS-PHB has completed contact tracing to determine who has been in contact with the diagnosed individual within the past two weeks. All possible contacts have been identified and have been placed under 14-day quarantine orders.

#### Testing Sites:

Trinity County residents can now access COVID-19 testing at the new OptumServe Testing sites. The three sites closest to Trinity County are:

<p>Shasta College 11555 Old Oregon Trail, Redding, CA 96003 <i>Follow signs to Covid-19 testing at north entrance.</i></p>	<p>Tehama County Community Center 1500 S Jackson St. Red Bluff, CA 96080 <i>Testing site will be at the Red Bluff site until May 15, 2020 and then moving to Corning (Location TBD)</i></p>	<p>Redwood Acres Fairgrounds 3750 Harris St, Eureka, CA 95503 <i>Park in the lot across the street from the fairgrounds and enter through the main entrance.</i></p>
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Tests are by **APPOINTMENT ONLY**. If an individual has medical insurance, OptumServe will bill the patient’s medical insurance company with no cost to the individual. Those who are uninsured may also use the OptumServe testing site, and their tests will also be free of charge. To schedule an appointment, call **1-888-634-1123** or visit [www.lhi.care/covidtesting](http://www.lhi.care/covidtesting).



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## **Contact Tracing:**

The HHS-PHB in Trinity County responds immediately to notification of positive cases and/or potential exposures to positive cases. Response activities include the following:

- Provide isolation orders signed by the Trinity County Health Officer for all lab confirmed cases of COVID-19.
- Investigate all potential contacts to an individual who is lab confirmed positive with COVID-19.
  - This entails working backward in time to identify the potential source of infection for the diagnosed individual as well as making contact with potentially exposed individuals.
  - When conducting this contact investigation, the name of the diagnosed patient is never given, except in the case of a healthcare facility, only that a person has been exposed to COVID-19.
- Quarantine all contacts to a positive case for 14 days from the last contact with an infected/positive individual and conduct daily symptom monitoring on such persons.
- Notify any healthcare systems that may have been exposed.

## **How the Public can Protect Themselves:**

Watch for symptoms consistent with COVID-19:

COVID-19 can cause a range of disease symptoms, from mild to severe. These symptoms may appear 2-14 days after exposure to the virus, and can include:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Lost sense of taste or smell



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## How COVID-19 Spreads:

The virus that causes COVID-19 is thought to spread from person-to-person, mainly 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. Spread is more likely when people are in close contact with one another (within about 6 feet).

A paper face mask is helpful in preventing these droplets from infecting others in close contact with the individual who is coughing or sneezing.

## How You Can Reduce Your Risk:

Because there is no cure or vaccine for COVID-19, it is important that we do what we can to prevent COVID-19 infection and transmission. The following actions can prevent the spread of COVID-19:

- **Clean hands often:** Washing hands often with soap and water for at least 20 seconds is important, especially after a person has spent time in a public place or after blowing their nose, coughing, or sneezing. People should also:
  - Avoid touching their faces—especially their eyes, nose, and mouth—with unwashed hands.
  - Wash their hands after touching surfaces that have not been recently disinfected.
  - Use hand sanitizer that contains at least 60% alcohol when soap and water is not available.
  
- **Avoid close contact:** Individuals should avoid close contact with people who are sick. Because as many as 1-in-4 people with COVID-19 do not show symptoms, it is important to prevent exposure by physically distancing yourself from others and maintaining at least six feet of space between people (also known as ‘social distancing’). People should stay home as much as possible. If a person is still going into work (i.e., they serve as a frontline responder or work in other essential industries), they should not go into work if they feel sick.
  
- **Cover mouth and nose with a cloth face cover when around others:** All people should wear a cloth face cover in places where they are not able to practice social distancing (such as grocery stores and pharmacies). The cloth face covering is meant to protect *other* people from catching the virus and is NOT a substitute for social distancing.



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- **Cover coughs and sneezes:** In situations where an individual does not have a cloth face covering, they should cover their mouth and nose with a tissue or use the inside of their elbow to cover coughs or sneezes. Used tissues should be thrown away and hands should be washed immediately.
- **Clean and disinfect:** Frequently touched surfaces including tables, doorknobs, light switches, countertops, phones, toilets, faucets, and sinks should be cleaned and disinfected daily.

You can track local statistics and information at [www.trinitycounty.org](http://www.trinitycounty.org), or contact Trinity County Health and Human Services - Public Health Branch at 530-623-8235.