



# TRINITY COUNTY HEALTH AND HUMAN SERVICES

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## PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: 6/29/2022  
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### Trinity County Coronavirus (COVID-19) Health Advisory

TRINITY COUNTY – The California Department of Public Health (CDPH) recently updated isolation and quarantine timelines and restrictions as well as its definition of close contact to acknowledge that COVID-19 is an airborne disease. The CDPH changes to quarantine timelines are based on the knowledge that the SARS-CoV-2 virus has recently evolved to have a shorter incubation period (average 2-3 days).

Close Contact is defined as someone sharing the same indoor airspace (e.g., home, clinic waiting room, airplane etc.) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's infectious period.

Infectious Period is defined as:

- For symptomatic infected persons, 2 days before the infected person had any symptoms through Day 10 after symptoms first appeared (or through Days 5-10 if testing negative on Day 5 or later), and 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved,  
OR
- For asymptomatic infected persons, 2 days before the positive specimen collection date through Day 10 after positive specimen collection date (or through Days 5-10 if testing negative on Day 5 or later) after specimen collection date for their first positive COVID-19 test.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Order-of-the-State-Public-Health-Officer-Beyond-Blueprint.aspx>

With the recent increases in SARS-CoV-2 (COVID-19) cases in Trinity County, it is important that proactive protective measures be utilized to ensure our populations are able to protect themselves, their loved ones, and their communities. These protective measures include:

#### **Vaccinate:**

- COVID-19 vaccines are safe and effective
- Get vaccinated against COVID-19 and get a booster if you are eligible.



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- COVID-19 affects children as well, get your child vaccinated if they are eligible
- COVID-19 vaccines for infants and toddlers will be available soon.

## **Test:**

- Prior to large indoor events or parties
- Prior to small indoor events with persons outside of your household
- Prior to travelling on public transportation
- If you have symptoms
- If you test positive, stay home, follow CDPH guidance.

## **Mask:**

- Strongly recommended for all persons, regardless of vaccine status, in indoor public settings and businesses; on public transit; and in transportation hubs surgical masks or higher-level respirators (e.g., N95s, KN95s, KF94s) with good fit are highly recommended.

## **Gatherings:**

- When indoors, open windows to improve ventilation
- Outdoors is better than indoors whenever possible.

For those who become infected, there are now treatments that some providers and pharmacies can provide to reduce progression to severe illness. If you have symptoms get tested as soon as possible and reach out to your medical provider to determine if treatment is appropriate.

Please visit our website <https://www.trinitycounty.org/> for more information.