



TRINITY COUNTY HEALTH AND HUMAN SERVICES

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PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: 3/13/2020

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Coronavirus (COVID-19) Health Advisory

TRINITY COUNTY – The Trinity County Health and Human Services Public Health Branch (HHS-PHB) continues to work closely with the California Department of Public Health (CDPH) and the Center for Disease Control and Prevention (CDC) to monitor COVID-19 activity and strategies to protect our residents from the spread of COVID-19.

Watch for symptoms consistent with COVID-19:

- Symptoms may appear 2-14 days after exposure:
 - Fever
 - Cough
 - Shortness of Breath

How COVID-19 Spreads

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

- 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.

Adult Services/IHSS
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Fax: (530) 623-1297
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Child Welfare Services
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(530) 623-1314
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CalWORKs
Eligibility/Employment
PO Box 1470
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Public Health
PO Box 1470
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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.

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.

Social distancing is one strategy to help prevent the spread of COVID-19. The California Department of Public Health has provided the following guidance for increasing social distancing:

- Large gatherings that include 250 people or more should be postponed or canceled.
 - This includes gatherings such as concerts, conferences, and professional, college, and school sporting events.
- 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 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.

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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.

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>)

Testing is available in Trinity County through our healthcare systems and to date there are no positive COVID-19 cases in our county. However, it is important that the public know that our Trinity County HHS-PHB and Office of Emergency Services (OES) are committed to the timely implementation of strategies that reduce the potential spread of COVID-19 and protect our populations that are at greatest risk of severe illness.

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 Public Health at 530-623-8209 (1-800-766-6147) or your healthcare provider if you have any questions or concerns.

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