



# PCPHA

PLUMAS COUNTY PUBLIC HEALTH AGENCY



Growing Healthy Communities

## For immediate release:

**Date:** March 9, 2020

**From:** Public Information Officer Lori Beatley

### UPDATE on COVID-19 (novel coronavirus) in Plumas County

#### Background:

COVID-19 is a respiratory illness caused by a novel virus that has been spreading worldwide. Community-acquired cases have now been confirmed in California. The situation is changing daily and Plumas County Public Health Agency is working closely with health care facilities, schools and other government agencies, as well as California Department of Public Health (CDPH).

#### In Plumas County:

- There are ZERO confirmed case of COVID-19.
- There have been 5 people tested for COVID-19 and all 5 tests were negative.
- There have been a total of 8 people self-isolated and monitored by PCPHA; 3 of the 8 were not tested because they did not show any symptoms, but their travel history warranted monitoring.
- At this time, there are currently no new people being tested or monitored.

Even though there are zero confirmed cases in Plumas County, this is still an evolving event. We all have a role to play to stop the spread of COVID-19 and other viruses by taking these precautions:

- Wash your hands with soap and water; use hand sanitizer **if** hand washing is not an option.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Stay away from work, school or other people if you become sick with respiratory symptoms like fever and cough.
- Clean common areas (door knobs, light switches, counter top, desks) as well as commonly used objects (cell phones, remotes, laptops).
- Consider limiting travel, especially by plane or cruise.


#### Symptoms of COVID-19 include:

- Fever
- Cough
- Shortness of breath

#### What to do if you believe you have COVID-19:

- **Call** your health care provider for direction. They will ask you some important questions to determine what to do next.

If you have further questions you may contact PCPHA Clinic Monday-Friday 8am -5Pm at 530-283-6330 and for additional information, please visit PCPHA's website: <https://www.plumascounty.us/91/Public-Health-Agency>, CDPH: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>, or CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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