



For immediate release:



Date: March 31, 2020

From: Public Information Officer Lori Beatley

Plumas County has first positive COVID-19 test

On March 31, 2020, Plumas County Public Health received notification of a positive COVID-19 test result from Saint Mary's Regional Medical Center for a resident in the east area of Plumas County. An investigation is underway to determine if any other residents may have been exposed. Exposed residents identified during the investigation will be contacted by a member of the Public Health COVID-19 Response Team for further screening.

Public Health and Plumas County Office of Emergency Service are working closely with local health care partners and the California Department of Public Health (CDPH) to determine needs and resources at this time. More information may be provided as situation develops.

Plumas County is responding to community need during the COVID-19 event. Our resources are focused on reducing harm to community members during this time, with an emphasis on community members at the highest risk, and those in essential healthcare functions. Our response strategies will slow the spread of COVID-19 and ensure that our health care systems can assist those in need.

Every person has a role to play. It is critical that every person follow the executive order issued by the Governor of California to stay home except for the following reasons:

- You are an essential worker as defined by federal government <https://www.cisa.gov/critical-infrastructure-sectors>
- Get necessary supplies; such as food and medical care.
- Go outside for fresh air or a walk while still practicing social distancing

It is recommended for those who are in the High Risk Population to stay home and self-isolate; only leave house for medical care.

- **Stay home:** You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas:** Do not go to work or public areas; such as grocery stores or other retail stores.
- **Avoid public transportation:** Avoid using public transportation including Plumas Transit and Senior transportation
- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

In order to continue to protect the health of our community it is critical that everyone follow the executive order, practice social distancing if in public and continue to use universal precautions; including washing hands and covering mouths with an elbow or tissue when you cough or sneeze.

If you have any questions please contact the Plumas County COVID-19 informational phone line 530-283-6400 or send an e-mail to COVID19@countyofplumas.com or visit our website at www.plumascounty.us