



For immediate release:



Date: June 15, 2020

From: Public Information Officer, Melodie Bennett

Plumas County has fifth positive COVID-19 test

On June 15, 2020, Plumas County Public Health received notification of a positive COVID-19 test result for a resident in Eastern 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.

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 in slowing the spread of COVID-19. As more sectors continue to open, it is critical that every resident act as if COVID-19 is in your community. Here are some ways to keep yourself and others protected:

- **Wash your hands often:** Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- **Maintain physical distance:** Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members. Put distance between yourself and other people outside of your home.
- **Cover your mouth and nose with a cloth face cover when around others:** Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- **Cover coughs and sneezes:** If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Clean and disinfect:** Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **Monitor Your Health:** Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- **Avoid high-traffic public areas:** If possible, avoid high-traffic public areas where the chances of community spread of COVID-19 are very high.

In order to continue to protect the health of our community it is critical that everyone follow the executive order by staying home and avoiding travel when possible, practice physical distancing while in

public, and continue to use universal precautions; including washing hands and covering mouths with an elbow or tissue when you cough or sneeze. Exposure to COVID-19 can be minimized if all precautions are practiced by all residents.

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