

# TEHAMA COUNTY HEALTH SERVICES AGENCY

VALERIE S. LUCERO  
EXECUTIVE DIRECTOR

DEANNA GEE  
ASSISTANT EXECUTIVE  
DIRECTOR, ADMINISTRATION

JAYME BOTTKE  
ASSISTANT EXECUTIVE  
DIRECTOR, PROGRAM

RICHARD WICKENHEISER, MD  
PUBLIC HEALTH OFFICER



PUBLIC HEALTH  
MINNIE SAGAR, MPH, MPA  
PUBLIC HEALTH DIRECTOR  
1860 WALNUT STREET  
MAILING ADDRESS:  
PO BOX 400, RED BLUFF, CA 96080

PHONE: (530) 527-6824  
Fax: (530) 527-0362

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For Immediate Release

## PUBLIC SERVICE ANNOUNCEMENT

### Coronavirus Disease 2019 (COVID-19)

#### **How many cases have been reported in California?**

As of March 25, 2020, in California there were 3,006 positive cases confirmed. There have been 65 deaths reported in California. At this time there have been **NO cases** of COVID-19 reported within Tehama County.

#### **Where can I get information on COVID-19?**

Information on COVID-19 changes rapidly and Tehama County Health Services Agency Public Health is working with the Tehama County Joint Information Center and others to help inform the public of these changes. Please review these sites prior to calling Public Health:

- Tehama County residents can dial 2-1-1 or visit <https://211norcal.org/tehama/>
- You can also text CORONAVIRUS to 211211
- For national information on COVID-19 visit the [CDC](https://www.cdc.gov/) website
- For state information visit the [CDPH](https://www.cdph.ca.gov/) website and [www.covid19.ca.gov](http://www.covid19.ca.gov)
- For Tehama County information visit [www.tehamacohealthservices.net](http://www.tehamacohealthservices.net)

#### **Testing for COVID-19**

Tehama County medical providers are currently testing individuals who meet criteria to be tested for COVID-19 and testing for Influenza A and B. Should you be tested?

Access the following resources to find out:

The CDC has a symptom checker available online:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>

Dignity Health has free Virtual Care visits for mild COVID-19 symptoms available online

<https://www.dignityhealth.org/coronavirus-disease-2019>.

If you are *not* experiencing symptoms for COVID-19 (fever, cough, shortness of breath) it is not recommended you be tested. If you are experiencing symptoms of COVID-19 call your health care provider before seeking medical care so that appropriate precautions can be taken.

If you are tested for COVID-19 your provider may ask you to self-isolate and self-monitor your symptoms until your test results come back. Take your temperature in the morning and at night, 30 minutes before eating, drinking or exercising. Keep a log of

your temperatures and any coughing or difficulty breathing you may experience. Seek prompt medical attention if your symptoms worsen. Please call ahead to your medical provider and wear a mask.

### **Self-Isolation vs Self-Quarantine**

- *Isolation* separates ill persons who have a communicable disease from those who are healthy. Isolation restricts the movement of ill persons to help stop the spread of certain diseases.
- *Quarantine* is used to separate and restrict the movement of well persons who may have been exposed to a communicable disease to see if they become ill. These people may have been exposed to a disease.

### **Stay Home Executive Order**

On March 19, 2020, Governor Newsom in conjunction with the California State Public Health Officer and Director of the California Department of Public Health ordered all individuals living in the State of California to stay home or at their place of residence, except as needed to maintain continuity of operation of the federal critical infrastructure sectors. View all Executive Orders and guidance on the [CDPH](#) website.

Services that are closed include: Dine-in restaurants, Bars and nightclubs, Entertainment venues, Gyms and fitness studios, Public events and gatherings, Convention Centers, Hair and nail salons

### **What can I do to prevent the spread of respiratory viruses?**

- STAY HOME. If you are experiencing respiratory symptoms like a cough or fever, stay home.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover a cough or sneeze with a tissue or your sleeve. Dispose of tissue and wash your hands afterward.
- Don't touch your eyes, nose or mouth.
- Keep your distance. Avoid close contact with sick people and stay 6 feet away from people when possible.
- CALL AHEAD. If you experience symptoms of COVID-19 (fever, cough, shortness of breath), call your health care provider before seeking care.

### **Can I continue breastfeeding my baby?**

If you are exposed to a viral infection your body naturally makes antibodies to fight it off. These are then transferred to your baby through your breastmilk, helping to protect your child from the illness you have been exposed. According to UNICEF, "Considering the benefits of breastfeeding and the insignificant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions."

The CDC recommends that a mother with confirmed COVID-19, or who is symptomatic, should take all possible precautions to avoid spreading the virus to her infant, including washing her hands before touching the infant and wearing a face mask, if possible, while feeding at the breast. If expressing breast milk with a manual or electric breast pump, the mother should wash her hands before touching any pump or bottle parts and

follow recommendations for proper pump cleaning after each use. If possible, consider having someone who is well feed the expressed breast milk to the infant.

The Women, Infants and Children (WIC) program is taking extra precaution to protect their families. As of March 23, 2020, the Tehama County WIC offices are closed to in-person and walk-in appointments but will continue to serve participants over-the-phone. You can call for assistance (530) 527-8791. Online classes are available at [www.wichealth.org](http://www.wichealth.org) and you can download the WIC Mobile App or access it online at [m.wic.ca.gov](http://m.wic.ca.gov) to check your benefits, find local grocers, watch videos and more.