



Public Health Brief

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COVID-19: Get Ready for the Probability of Big Changes!

First, take a few moments to reflect on the sacrifices of many of you and your families in giving of yourselves in order to protect the freedoms we enjoy as a nation.

USA: It took 10 months to reach 10,000,000 cases – it took 10 days to reach the most recent 1,000,000. Many states are reporting record numbers of cases and hospitalizations.

https://covid.cdc.gov/covid-data-tracker/#cases_totalcases

California: We are seeing the highest numbers of cases and hospitalizations in the last 2 months, heading toward the peak numbers from late July. Deaths are sure to follow within the next few weeks.

<https://covid19.ca.gov/state-dashboard/>

Alpine County: We now have 26 total cases, with 16 active cases, and one hospitalization.

<http://alpinecountyca.gov/516/COVID-19>

What does this mean for us?

1. We are currently in the least restrictive tier for restrictions on businesses and sectors but are at high probability of being moved into a more restrictive tier next week. See links for details:

<https://covid19.ca.gov/safer-economy> and <https://covid19.ca.gov/industry-guidance>

2. Preventing community spread is all about minimally invasive measures: wearing masks, keeping your distance from others, washing hands frequently, and minimizing participation in gatherings of persons outside of your household. See: https://www.cdc.gov/mmwr/volumes/69/wr/mm6945e1.htm?s_cid=mm6945e1

3. Please do not go to work if you are sick!

4. Although people may follow guidelines at work, it is after work activities when people let down their guard that causes community spread. People then often bring infection into the workplace.

5. GET TESTED! Alpine County has one of the highest per capita testing rates in the state. This is the only way we can quickly identify new cases and conduct our case investigation and contact tracing to lessen the impact on all of us in Alpine County. Please refer to our Public Health Briefs for details on testing times and locations. See: <http://alpinecountyca.gov/516/COVID-19>



Public Health

Prevent. Promote. Protect.

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District 1: vacant, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith