



## Public Health Brief

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Thursday April 2, 2020

(Alpine County has one laboratory confirmed case of COVID-19 infection. Since virtually all of the surrounding jurisdictions are experiencing an increase in identified cases, we believe community transmission is occurring throughout the area.)

## Public Health Releases Guidance on Use of Cloth Face Coverings

***Social distancing and hand washing are still best actions residents can take to fight COVID-1***

Given the fact that we anticipate a rapid increase in COVID-19 infections in the coming weeks, we need to aggressively utilize every possible strategy to flatten the curve and reduce the impact on our communities.

The following is new guidance on the use of cloth face coverings to protect against COVID-19 for residents who must leave their homes to conduct essential travel to medical appointments, grocery shopping or pharmacy visits. The guidance does not require people to wear face coverings – and is not a substitute for our current guidance regarding social distancing and hand washing which are the most effective ways to reduce the spread of COVID-19.

Wearing a cloth face covering can potentially provide some additional benefit by acting as a reminder for other people to keep their distance, and it could help reduce the spread of infectious particles from those who could be infected but don't have symptoms. We caution that face coverings may increase risk if users reduce their use of strong defenses such as physical distancing and frequent hand washing.

The face coverings are not hospital grade but need to cover the nose and mouth. Ideally, they should be 100% cotton and at least 2 ply. However, bandanas and neck gaiters are acceptable.



**Public Health**

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Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

We do not recommend residents use N-95 or surgical masks, which are needed for our health care workers and first responders who will be there for when our lives are at risk.

The best defense against COVID-19 continues to be:

- Staying at home and physical distancing
- Washing hands frequently
- Avoiding touching eyes, nose and mouth with unwashed hands
- Avoiding being around sick people

For face coverings guidance:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Face-Coverings-Guidance.aspx>

For an interesting commentary on the issue:

<https://www.nytimes.com/2020/04/01/opinion/coronavirus-face-masks.html>

For current updates:

<https://www.alpinecountyca.gov/index.aspx?NID=430>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

All questions should be directed to our Alpine County COVID-19 Warm Line. They will be answered within 24 hours.

530-694-1011



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