



Public Health Brief

Richard O. Johnson, M.D., MPH **Nichole Williamson**
Public Health Officer HHS Director
Office: 530-694-2146, Ext 249 Office: 530-694-2235
e-mail: rjohnson@alpinecountyca.gov

24/7/365 Emergency Contact Number
Dispatch: 530-694-2231, Ext 330
Warm Line: 530-694-1011



Monday September 28, 2020

How to Share COVID-19 – Please **DO NOT** Follow These Instructions!

Here is what Public Health has learned about how you can spread COVID-19 among your family, friends, and community:

- Go to school or work while you are sick, especially if you are a student or a healthcare worker.
- Since you are young, you believe you will not get seriously sick, even though over 1,000 persons < 40 years of age have died from COVID-19 infections in the US. Get sick and bring it home to your parents and grandparents who are more likely to get hospitalized and die.
- Have close contact with a confirmed case, especially spending more than 15 minutes within 6 feet of each other without either of you wearing a mask while you are indoors.
- Follow all the rules at work, but come 5 o'clock, let down your guard, and meet your friends at a local coffee shop or bar or restaurant for drinks. Having a few drinks with your best buddies without masking or social distancing is very effective!
- Plan or attend an event with people from multiple households, preferably indoors, without social distancing or masking, but be sure there is loud talking, shouting or singing.

There is a story that goes with each of these scenarios. Remember, one bad decision and a few cases will put Alpine County into the Purple Tier in the Governor's Blueprint for a Safer Economy! We are currently only one of two counties privileged to be in the least restrictive tier. With increased freedom comes increased risk – and responsibility. Let's work together to do everything we can to stay there!

<https://covid19.ca.gov>

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



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: vacant, District 2: Ron Hames, District 3: Katherine Rakow,
District 4: Terry Woodrow, District 5: David Griffith