



Public Health Brief

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Saturday, January 15, 2022

OPTIONS TO ACT ON NOW!

A new twist to an old story:

For the last few months, the evening news has been talking about a new virus affecting people around the world. Public health experts have started to recommend the use of face coverings to protect people and to limit the spread of the virus. A God-fearing man ignores the reports: "I have nothing to worry about; God will save me!" At work, he hears heart wrenching stories from co-workers about their parents dying alone in nursing homes while they were not allowed to visit. His wife says, "I heard there is a vaccine out. Let's make an appointment and get vaccinated." He shakes his head, telling her that he is confident that God will save him. One day he receives a notification at work that he has been exposed to someone with COVID-19 and is advised that he should go and get tested. Again, he ignores their advice, assured that God will come through. A few days later, he develops a cough and fever, and writes it off as the flu. A week later when he has trouble breathing, his wife calls 911 to take him to the hospital. His oxygen level is very low, and he is admitted to the ICU and placed on a ventilator. Eventually he dies and stands before God. "Why didn't you help me?" the man asks in an angry tone. God responds, "I sent you advice about mask wearing, provided vaccines and tests, and even access to excellent medical care. What more did you want?"

Masks: **NEW GUIDANCE:** [Use Masks to Slow the Spread of COVID-19 \(cdc.gov\)](#)

Testing: [COVIDtests.gov - Free at-home COVID-19 tests](#) This will become available on January 19h.

WE HAVE TESTING KITS NOW! You can access testing resources from us if you live or work in Alpine County by calling 530-694-2146, Option 1. If you leave a message, we will return your call within 24 hours (7 days a week), and usually much sooner. Please call if you have symptoms ([Symptoms of COVID-19 | CDC](#)), or if you have been exposed to someone with a positive test.

Vaccines: **WE HAVE VACCINES** for children aged 5-11 years of age, and for all persons 18 years of age and older. We provide 1st doses, 2nd doses, and boosters. You can make an appointment by calling us at 530-694-2146 and leave a message at Option 1. For teens 12-17 years of age, please contact your pharmacy.



Public Health

Prevent. Promote. Protect.

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