



# Public Health Brief

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## WE ARE IN THE RED – AND I AM NOT TALKING ABOUT CALIFORNIA’S BUDGET PROJECTIONS!

Just in time for the holidays, we are experiencing surges of respiratory illnesses from RSV, COVID, and influenza..

RSV – flooding and overloading hospital pediatric beds and staff - [RSV - Search News \(bing.com\)](#)

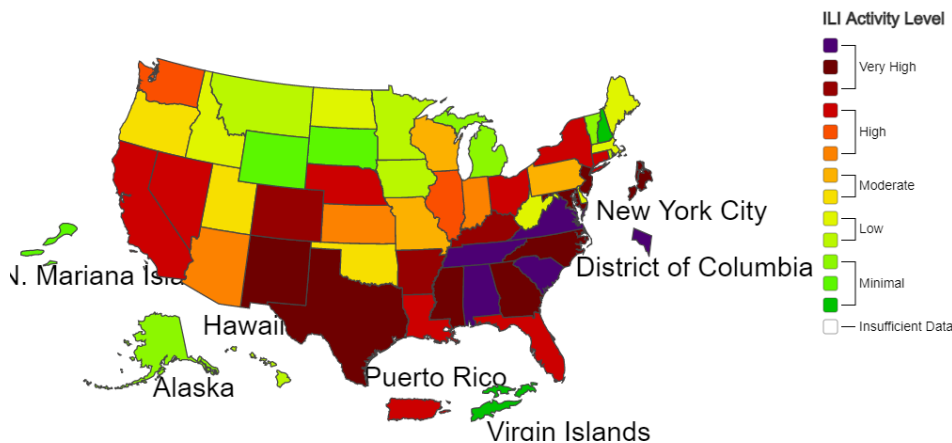
COVID – beginning a possible winter surge [COVID hospitalizations up again in LA County amid fears of winter surge – Daily News](#) ((Alpine County has recently seen a surge of new cases.))

Influenza – California is now the first state on the west coast to be in the RED – meaning there is a high level of “influenza-like” activity throughout the state. Nevada is in the same category.

Outpatient Respiratory Illness Activity Map Determined by Data Reported to ILINet

This system monitors visits for respiratory illness that includes fever plus a cough or sore throat, also referred to as ILI, not laboratory confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms.

2022-23 Influenza Season Week 45 ending Nov 12, 2022

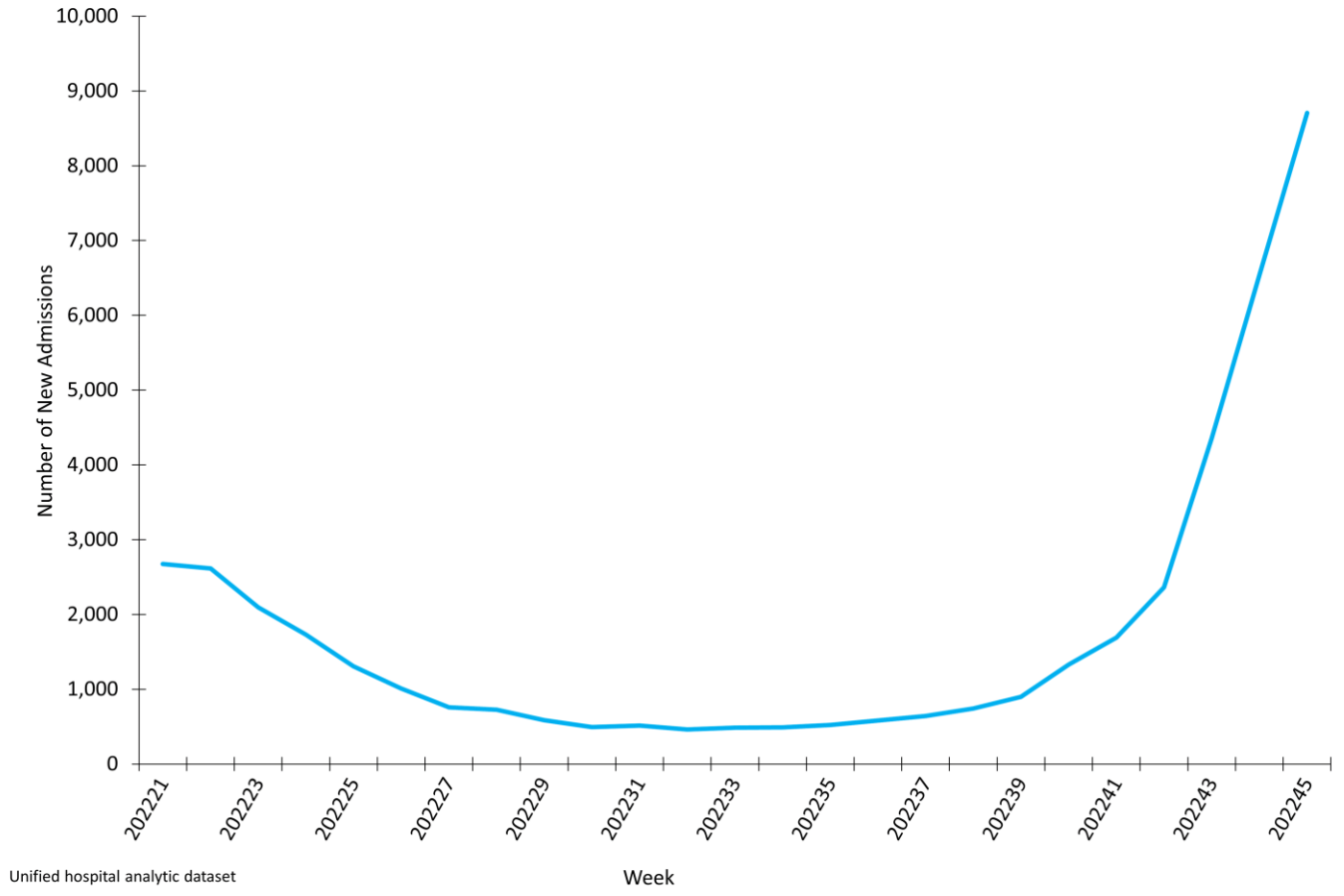


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Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120  
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 District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,  
 District 4: Terry Woodrow, District 5: David Griffith

As you can see on the graph below, hospitalizations from influenza are rapidly increasing. Remember this is at the same time as hospital systems and staff are being stretched from RSV, and that staffing was already decreased by almost 25% following COVID over the last almost 3 years.

### New Influenza Hospital Admissions Reported to HHS Protect, National Summary, May 22, 2022 – November 12, 2022



**Using the analogy of the Christmas story, there may not be any room for you at the inn when you need a bed!**

**But there are a number of things YOU should be doing!**



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# CDPH Urges Californians to Take Preventative Measures to Stay Healthy this Winter

*Follow Dr. Aragón's Five Easy Tips to Protect Yourself and Family*

SACRAMENTO – As we enter winter and the holiday season, the California Department of Public Health (CDPH) urges Californians to protect themselves and their families against many circulating viruses this holiday season, including the flu, COVID-19, and Respiratory Syncytial Virus (RSV).

"Our winter virus season is here early, especially for our kids. We are seeing stress on our clinics and hospitals that care for kids, especially infants and kids under 12," said State Public Health Officer and CDPH Director Dr. Tomás Aragón. "It's important to remember that kids get infected from other kids and adults, so everyone needs to do their part. As we head into the holiday season with more indoor gatherings and travel, there are five easy steps that can help keep you and your family healthy."

Dr. Aragón's five tips to protect yourself and others from severe illness and hospitalization include:

## 1. **Get Vaccinated, Boosted (and Treated)**

Flu and COVID-19 vaccines continue to be your best defense to limit severe illness and death – and you can get both at the same time. If you test positive for COVID-19, contact us immediately to seek [treatment](#). Treatments work best when started right after symptoms begin. (Alpine County: 530-694-2146, Option 1 – leave a message 7 days a week including holidays. We have free home tests, high-dose and regular flu vaccines, new COVID bivalent booster vaccines, and Paxlovid for persons at high risk from severe COVID.)

## 2. **Stay Home if You're Sick!**

It's crucial to stay home if you are feeling ill. Avoid close contact with others to protect them and take the time you need to heal. This is especially important for respiratory viruses like the flu, RSV and COVID-19, which can lead to more severe illness.



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### 3. **Wear a Mask**

There is no vaccine for RSV, so wearing a mask can significantly slow the spread and protect babies and young children who do not yet have immunity and are too young to wear a mask themselves. Wearing a mask in indoor public places is a good way to limit the spread of germs. [Get the Most Out of Masking \(ca.gov\)](#)

### 4. **Wash Your Hands**

Frequent handwashing, with soap and warm water – for at least 20 seconds, is an easy and very effective way to prevent getting sick and spreading germs.

### 5. **Cover Your Cough or Sneeze**

Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Just make sure to wash your hands or sanitize and dispose of your tissue after.

**VIDEO:** [Stay Healthy this Winter: Tips to Protect Yourself and Family](#)

CDPH continues to monitor hospitalizations related to winter respiratory viruses, including flu, COVID-19, and RSV, as well as trends across the country and state. With many viruses already circulating at high levels in California, it is important to take these measures to ensure our hospitals have capacity to care for all vulnerable Californians, including babies and children, who need lifesaving treatment.



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