



Public Health Brief

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Wednesday, December 20, 2023

Potential Exposure to COVID in The Workplace

To: **All who attended the Board of Supervisors meeting and/or the luncheon yesterday at TRP**

I have been made aware of the fact that persons who attended the Board of Supervisors meeting and the luncheon yesterday were symptomatic with respiratory infections, one of whom has now tested positive for COVID-19.

Since there were 70-80 people at the luncheon with minimum air exchange, and people circulated freely in the room for an extended period of time, I believe that all of us have experienced a significant exposure.

Exposure and isolation guidelines

If you have no symptoms

Regardless of your vaccination status:

- Get tested 3-5 days after last exposure, especially before being with higher risk persons over the holidays! Please come to the Health Department to pick up an ample supply of tests.
- If you test positive, isolate – stay home or go home!

If you had COVID-19 within the last 30 days:

- You don't need to test after exposure unless symptoms start.
- If symptoms start, isolate and get tested.



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: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

If you test positive, whether you have symptoms or not:

Regardless of your vaccination status or infection history:

- **Isolate** for at least 5 days.
 - Sleep and stay in a separate room from those not infected.
 - Use a separate bathroom if you can.
 - Wear a mask around others, even at home.
- You can end isolation early, after Day 5, if:
 - You have no fever for 24 hours without taking fever-reducing medication, AND
 - Your other symptoms are gone or improving.
- If you still have a fever, continue to isolate until the fever is gone for at least 24 hours.
- If other symptoms are not improving, continue to isolate through Day 10.
- After you end isolation:
 - Wear a mask around others for 10 full days after start of symptoms. If you had no symptoms, wear a mask for 10 full days after your positive test.
 - You may remove your mask sooner than Day 10 if you have two negative tests in a row, at least one day apart.
- If you are symptomatic and test positive, you may be a candidate for the oral medication Paxlovid. We have it available at no charge, but you must call me to obtain the medication. The earlier in the course of your illness, the better.

AND LET ME SAY IT AGAIN – STAY HOME IF YOU ARE SICK!

If you have any questions, please contact me via my cell phone at 760-914-0496.

Wishing you a happy, healthy, and safe holiday season.

Rick

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Health Officer, Alpine County



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