



## Public Health Brief

**Richard O. Johnson, M.D., MPH**

Public Health Officer

Office: 530-694-2146, Ext 249

e-mail: [rjohnson@alpinecountyca.gov](mailto:rjohnson@alpinecountyca.gov)

**Nichole Williamson**

HHS Director

Office: 530-694-2235

24/7/365 Emergency Contact Number

Dispatch: 530-694-2231, Ext 330



Sunday November 12, 2023

## Outbreak of COVID Infections

I have been informed of multiple new cases of COVID-19 infections among both **students and staff of Diamond Valley Elementary School**. Please abide by the following highlighted recommendations, followed by links and details. Please refer any questions to me at 530-694-2146, Option 1.

### Take Home Points:

- Stay home if you (or your child) has symptoms.
- Get tested. Perform an at-home antigen test, and if negative, test every days for a total of 3 days from onset of symptoms.
  - If positive, isolate at home.

### Symptoms

[Symptoms of COVID-19 | CDC](#)

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing



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

District 4: Terry Woodrow, District 5: David Griffith

- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**This list does not include all possible symptoms.** Fever is not always present. DO NOT assume it is allergies – the main allergy season has passed! If you think “it is just a cold” – think again! [Older adults](#) and people who have underlying [medical conditions](#) like heart or lung disease or diabetes are at higher risk for getting very sick from COVID-19.

## Testing

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/What-to-Know-for-COVID-19-Testing.pdf>

## When should you test?

### If you feel sick and have [symptoms of COVID-19](#)

- Test right away. If your first test is negative, [test again 1-2 days later](#).

### After exposure

- Even if you don't feel sick, test after exposure and again [3-5 days after last exposure](#).

### Before visiting those at high risk

- Test just before visiting individuals who are at higher risk for severe illness (older adults or people with weakened immunity).



**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: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,  
District 4: Terry Woodrow, District 5: David Griffith

Free at-home antigen tests are available from Ryan Cates, School Nurse, and from the Alpine County Health Department in Woodfords (M-F, 8-12 and 1-5).

## Isolation and Quarantine

[Guidance on Isolation and Quarantine for COVID-19 \(ca.gov\)](#)

If you test positive, you are strongly encouraged to [isolate](#) (stay home and away from other people) for at least 5 full days, to prevent spreading the disease to others. Isolation is recommended even if you have been vaccinated or have had COVID-19 before.

You should isolate for at least 5 days counting from the day you began feeling sick (Day 0 is the day you began feeling sick; Day 1 is the next day). If you have no symptoms, then isolate for 5 full days after the day you tested positive (Day 0 is the day you took your positive test; Day 1 is the day after).

**Tip:** Use the [Personalized Testing and Isolation Calculator](#) to help you determine how long you should isolate.

You may end isolation *AFTER* Day 5 IF:

- **You have no symptoms, or your symptoms are mild and getting better; AND**
- **You have not had a fever** for 24 hours without taking medicine that lowers fevers.

Even if you end isolation earlier, you should continue to wear a mask through Day 10 unless, after ending isolation, you have two negative antigen tests at least a day apart without a positive test in between.

**Important:** There are some situations where you should isolate longer than 5 days:

- If you have a fever, do not end isolation until the fever has been gone for 24 hours (without using medicine that lowers fevers), OR
- If your other symptoms are not improving, you should keep isolating until you feel better or until after Day 10.

After you have ended isolation, if your symptoms come back or get worse, use an antigen test to test again. If you test positive, restart your isolation at Day 0.



**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: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,  
District 4: Terry Woodrow, District 5: David Griffith

**NOTE:** People who are immunocompromised may continue to carry the virus and remain infectious longer than 10 days. If your symptoms worsen or fever continues, you should contact your healthcare provider and seek medical treatment.

When you are isolating, stay in a separate room away from others in your household to help prevent them from getting sick. Do not attend work or school in person; do not travel, do not use public transportation, and do not go to the store or other public places. DO stay in touch with friends and family virtually through phone calls, text messages, and the internet.

**Additional points: Don't forget the Thanksgiving holiday is almost on us, and you may be visiting with older relatives or friends who may be at high risk.**

The older you are, and if you any chronic underlying medical conditions at any age, you are at increased risk of a bad outcome from a COVID-19 infection, including hospitalization and death.

Please consider:

- Getting the updated COVID-19 vaccination at your local pharmacy.
- Call if you test positive for COVID-19, and you would like to consider taking the oral medication Paxlovid, 530-694-2146, Option 1.

<https://www.cdc.gov/respiratory-viruses/index.html>

<https://covid19.ca.gov/state-dashboard/>

To subscribe to "Public Health Brief", go to: <https://www.alpinecountyca.gov/list.aspx>  
All Public Health Briefs are archived at <https://www.alpinecountyca.gov/516/COVID-19>



**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: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,  
District 4: Terry Woodrow, District 5: David Griffith