



Public Health Brief

Richard O. Johnson, M.D., MPH

Public Health Officer

Office: 530-694-2146, Ext 249

e-mail: rjohnson@alpinecountyca.gov

Nichole Williamson

HHS Director

Office: 530-694-2235

24/7/365 Emergency Contact Number

Dispatch: 530-694-2231, Ext 330



Monday October 16, 2023

Winter Respiratory Virus Season

Alpine County Health Department held its first seasonal flu vaccine event last Friday at Turtle Rock Park. 48 seniors received their high dose flu vaccine, and 42 persons received the regular seasonal flu vaccine.

For those of you who would still like to receive flu vaccine, here is what is next:

- For students and staff at Diamond Valley Elementary School, contact Ryan Cates (School Nurse) for details on the event scheduled for Friday October 20th.
- We will be at the Create the Good Dinner in Bear Valley from 4-7 PM on Tuesday October 24th, in the Bear Valley Library.
- For Vail Kirkwood staff, we will schedule an event once the winter staff has arrived.
- For everyone else, you can call our nurse, Becky Thornburg, at 530-694-2146, Option 4, or Ext. 229. She will make you an appointment in our Woodfords Clinic.

Note regarding updated COVID and RSV vaccines:

- The updated COVID vaccine is recommended for any persons over 6 months of age, especially persons who are older, and especially persons with underlying chronic medical conditions. We have a small number of the updated COVID vaccines, specifically for persons with no insurance coverage that will cover the vaccine. For everyone else, you will need to check with your pharmacy. Insurance, including Medicare, will cover the vaccine.
- For the RSV vaccine, it is recommended for persons 60 years of age and older, especially persons with underlying chronic medical conditions, and persons who have contact with young children, such as grandchildren and other family you will be seeing over the winter holiday season.



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

Protect Yourself from Flu

Flu can be a serious illness that is easily spread from person to person. CDC estimates that flu causes millions of illnesses, hundreds of thousands of hospitalizations, and thousands of deaths each year. The best way to protect yourself and your family against flu is by getting vaccinated. **Everyone six months of age and older should receive the flu vaccine every year.**

There are [many reasons](#) to get a flu vaccine each year:

- **Flu vaccines help keep you from getting very sick from flu.** Flu vaccines lower chances of illness and hospitalization.
- **Flu vaccines lower the risk of serious flu complications,** especially among older adults or those with chronic health conditions like asthma, diabetes, and heart disease.
- **Flu vaccines during pregnancy help protect pregnant people and their babies from flu complications,** including delivering the baby too early, low birth weight of the baby, and stillbirth.
- **Flu vaccines help babies and young children stay healthy.** Flu vaccine helps lower their risk of flu-related complications, hospitalization, and death.
- **Flu vaccines can be given at the same time as other recommended vaccines,** such as COVID-19 and RSV.



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

Influenza and RSV Highlights



▲ **1.2%**
Influenza
positivity



▼ **2.8%**
Outpatient
ILI activity



▶ **0.1%**
Hospital
flu admissions



0 (+0)
Deaths
since
10/1/23 (new)



▲ **5.4%**
RSV
positivity

Influenza Activity Levels⁺



Geographic Area	Activity Level
California Statewide	Minimal
Northern Region	Insufficient data
Bay Area Region	Insufficient data
Central Region	Low
Upper Southern Region	Minimal
Lower Southern Region	Low

Key Messages

- » Influenza activity is minimal in California.
- » Getting a flu shot is the best way to protect yourself against flu, its potentially serious complications, and reduce strain on our healthcare system.
- » Respiratory syncytial virus (RSV) activity is increasing in California.
- » Several [products](#) are available to prevent RSV infection.



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