



Public Health Brief

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COVID-19 Hits Alpine County Hard!

This is a brief update to the 2 recent Public Health Briefs regarding COVID, RSV, and influenza, which are also attached for your reference. In the last week, we have been made aware of a dozen cases of laboratory confirmed COVID-19 infections in Alpine County residents. It is possible that this is just the “tip of the iceberg”, as there is no requirement for anyone to notify us if they test positive using the home antigen tests. In addition, we have provided the oral medication Paxlovid to 7 persons (**FREE**), which is especially recommended for anyone who has COVID and is older and/or has chronic underlying medical conditions that would make them more vulnerable to serious outcomes.

Here are the essential “take-home” messages:

- Please follow all of the recommendations outlined in the attached Public Health Brief titled “**Multiple Cases and Exposures to COVID-19 in Alpine County**”.
- Be aware that any symptoms that you may think are allergies or “a cold” could be COVID-19.
- Home antigen tests are available to have on hand at home for **FREE** at the Health Department in Woodfords and at the Public Safety office in Bear Valley. The Health Department is open M-F from 8-12 and 1-5 PM.
- Vaccines:
 - o RSV vaccine is recommended for all seniors >60 years of age, through your pharmacy.
 - o The just approved new COVID-19 vaccine is being released to pharmacies- check with your pharmacy for availability. If you are not insured or your insurance will not cover the vaccine, we will have a small available supply upon request.
 - o Annual flu vaccines are arriving- be patient as the best time to get vaccinated is NOT YET, especially for seniors! We will have the high dose for seniors. Stay tuned for dates in Woodfords, Bear Valley, Kirkwood, and Diamond Valley School.

Our “Warm Line” is available 7 days a week at 530-694-2146, Option 1. If you leave a message, Dr. Johnson will return your call within 24 hours, 7 days a week.



Public Health

Prevent. Promote. Protect.

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