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**FOR IMMEDIATE RELEASE**

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# Health Officer COVID-19 Update

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## COVID-19 Situation Update

To date Amador County Public Health has received 1,683 test results.

- Total positive confirmed case count: 12
  - Total cases hospitalized: 1
  - Total recovered of the confirmed cases: 10

This week, Amador County Public Health confirmed two additional cases of COVID-19, which are linked to each other. One of the two is hospitalized, and the other is in isolation at home. Close contacts of these two cases are being interviewed and monitored under quarantine. The total confirmed COVID-19 case count is now at 12, with 10 recovered to date.

## Safer Social Interactions

As communities and businesses are reopening, you may be looking for ways to resume some daily activities as safely as possible. The best way to prevent yourself from contracting and spreading COVID-19 is to stay at home. However, seeing loved ones and friends cannot always be avoided and can be important for your mental health. This guidance is to inform how you can reduce your risk. Persons who have higher risk for severe COVID-19, including older individuals and those with chronic medical conditions, are advised that it is safer to stay at home.

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. Every time you meet in-person with someone, you are exposed not only to them, but to those they have interacted with in the last 14 days. Every person you meet can increase your risk of getting or spreading COVID-19. Consider this risk to yourself, the people in your household, and the people you will see through other interactions.

Think about: people, space, and time

- How many people will you interact with?
  - Interacting with more people raises your risk.

- Being in a group with people who are not keeping 6-foot physical distancing or wearing face coverings increases your risk.
- Engaging with new people (e.g. those who don't live with you) also raises your risk.
- Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms transmit the virus to others.
- Can you keep 6 feet of space between you and others? Will you be outdoors or indoors?
  - The closer you are to other people who may be infected, the greater your risk of getting sick.
  - Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions.
  - Indoor spaces are more risky than outdoor spaces. Indoors, it might be harder to keep people apart and there's less ventilation.
- What's the length of time that you will be interacting with people?
  - Spending more time with people who may be infected increases your risk of becoming infected.
  - Spending more time with people increases their risk of becoming infected if there is any chance that you may already be infected.

## **Create a “Social Bubble”**

If you decide to see family and friends, it is recommended you create a “social bubble.” A social bubble is a stable and consistent group of 12 people or less who agree to limit their in-person activities to each other for periods of at least three weeks.

Social bubble tips:

- Stick to a stable group of 12 or fewer
- Join only one bubble
- Stick together for at least 3 weeks
- Plan for outdoor activities as they are less risky than indoors – if you do meet indoors, make sure windows are open for ventilation
- Don't forget face coverings
- Talk about why and how you want to bubble up (e.g. for kids' playdates or to play cards)
- Remember that your actions affect everyone in the group
- Stay home if you're sick – if you experience any illness, even mild symptoms, isolate yourself and stay home
- Agree to have no hard feelings if the bubble group doesn't work out
- Agree to all follow the same rules

Limiting the number of contacts outside the household is an important way of minimizing the spread of COVID-19 in a community.

If someone from your social bubble becomes infected with COVID-19, let each other know and encourage testing. You may get tested, even without symptoms. Testing is available in Amador County, free of charge, by making an online appointment at:

- <https://www.projectbaseline.com/study/covid-19/>

Or if you need assistance, contact the Amador Testing Helpline: (209) 223-6676.

Persons who have frequent contact with the public leading to a high degree of community exposure are encouraged to seek testing every 2 weeks.

## **How COVID-19 is Transmitted**

The most frequent way COVID-19 is spread from person to person is by respiratory droplets. Droplets are produced mainly by coughing or sneezing, but laughing, singing or even talking can produce similar droplets.

Larger droplets usually fall within three feet, smaller droplets within six feet. This is the reason for the recommended six-foot physical distancing. Farther away is better. Shorter duration of interaction is better. Risk of transmission is lower outside than indoors.

Because infectious droplets may fall onto surfaces, they can be picked up on hands and introduced into the body by touching the eyes, nose or mouth with unwashed hands. While this is not thought to be the main way the virus spreads, frequent handwashing is recommended, or use hand sanitizer when soap and water are not available. Frequent cleaning and disinfection of high-touch surfaces is also recommended.

For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>