



Tuolumne County Public Health Department

20111 Cedar Rd. North
Sonora, CA 95370
Office: 209-533-7401
Fax: 209-533-7406
24-hour Phone: 209-533-8055

Rebecca Espino, Director
Health and Human Services Agency

PRESS RELEASE **FOR IMMEDIATE RELEASE**

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Second Positive Case of COVID-19 Identified in Tuolumne County

[SONORA] – The Public Health Department was notified today that a 34-year-old female resident of Tuolumne county tested positive for COVID-19 and recovered while isolated at home.

The individual's exposure to COVID-19 occurred outside of the county in an area with community transmission before the State Health Officer stay-at-home order was issued. The person has remained isolated in their home since the onset of symptoms and has completed the isolation time period.

Because of the individual's action to immediately self-isolate, there is currently no risk for community transmission from this case.

As a reminder, it is essential for everyone to comply with local and state health officer orders, including the California State Health Officer's stay-at-home order in an effort to reduce the spread of COVID-19. By limiting contact with those outside of your immediate family and limiting travel to only essential trips, you can decrease the transmission of disease and save lives. Details and frequently asked questions regarding the stay-at-home order can be viewed at the California COVID-19 website: <https://covid19.ca.gov/stay-home-except-for-essential-needs/#top>

In addition to the activities outlined in local and State Health Officer Orders and other guidance materials issued by the [CDC](#) and [California](#) Department of Public Health, individuals can continue to take the following actions to help to prevent acquiring or spreading COVID-19:

- Wash your hands often with soap and water for 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home if you are sick
- Clean surfaces that are touched often, like toys and doorknobs, phones, etc.
- Maintain regular healthy activities such as physical exercise and eating nutritious foods
