Tuolumne County Public Health Matters

COVID-19 Update

Tuolumne County saw an increase of 208 cases in the past month, since our September 2nd report. We continue to see a slight decline in cases and this week we have moved downward in both CDC COVID tracking levels; to the Low Community level and into the Substantial Transmission level. Details on the CDC COVID levels can be viewed HERE.

We are sad to confirm 2 additional deaths which occurred in August, of a male in in his 80s and a male in his 90s. Our team sends its condolences to their loved ones. Demographics and additional data can be viewed on the interactive COVID data dashboard.

The LHI testing site at the Mother Lode Fairgrounds will have new hours of operation, 10 a.m. to 6 p.m. Sunday through Thursday beginning October 9th. In addition, the site will be closed on Monday, October 10th for the holiday.

The new Bivalent vaccine formula is now recommended for Pfizer and Moderna COVID-19 boosters for people age 12 and older. Bivalent vaccine for those age 5-11 is currently in the FDA review process.

Make an appointment for your COVID vaccination at www.MyTurn.ca.gov or your local pharmacy.

State masking guidance has been updated and recommendations are now based on the CDC community level of your area. This does not include high-risk settings like healthcare, where universal masking is still required. Click HERE to learn more.

- If you test positive or have been exposed to COVID-19 – Isolation instructions (click here).
- VACCINATION INFORMATION (CLICK HERE).
- TESTING INFORMATION (click here).

Breast Cancer Awareness

Now is the perfect time to learn what to do to help prevent breast cancer and how to detect it early, for yourself or for those you love.

Breast cancer affects 1 in 8 women and men can also be diagnosed with breast cancer.

Early detection is key!

Please click HERE to learn more about screening, prevention, risk factors, symptoms, and more!

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Tuolumne County Public Health
20111 Cedar Road North
Sonora, CA 95370
(209) 533-7401 - Main Line
(209) 533-7440 - COVID Call Center

Click HERE to visit the Public Health website or follow us on social media at:
Flu Season & Vaccine Clinics

Now is the time to prepare for flu season by getting your annual flu vaccination and remembering to follow prevention measures such as frequently washing your hands, eating well and exercising, getting good rest, avoiding contact with others who are sick, and staying home when you aren’t well. These tips also help prevent other infectious diseases like COVID.

For more information on flu prevention, click HERE.

Flu shots are available through pharmacies, healthcare providers, or at the Public Health clinics below. Please bring your completed registration form with you:

- October 12th, 9:00 AM to 4:00 PM
  - Mother Lode Fairgrounds, Manzanita Building

- Beginning October 18th at Public Health
  - Tuesdays 8:30 a.m. - 11:30 a.m. by appointment only. Call 533-7401 to schedule.

Click HERE for more information and to access the registration form and stay tuned to our website and social media pages for any future clinics or information.

Opioid Alert

Opioids are a class of medications that offer pain control, euphoria, and addiction. Over 100,000 people in the U.S. die of overdoses annually, more than all motor vehicle accident deaths, and the rate is increasing.

Both legally manufactured and illegal drugs are deadly. Fentanyl is among the strongest of opioids and an amount equal to 3 grains of salt is deadly. It is found mixed in many other drugs.

Watch out for the newest version of illicit fentanyl, rainbow fentanyl. It is brightly colored pills that look like candy. Be extra safe as the holidays approach!

If you are addicted, want other options for pain control, or are interested in helping our community in the opioid crisis, go to RedFeatherOpioidCoalition.org to learn more.

To read more about the CDPH Advisory on "rainbow fentanyl" click HERE.
Sudden Cardiac Arrest is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When Sudden Cardiac Arrest happens, the person collapses and doesn’t respond or breathe normally. They may gasp or shake as if having a seizure. Sudden Cardiac Arrest leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an AED (if available) as soon as possible.

Hands-Only CPR Can Save Lives. Most people who experience cardiac arrest at home, work or in a public location die because they don’t receive immediate CPR from someone on the scene. If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest to the beat of any tune that is 100 to 120 beats per minute, such as the classic disco song "Stayin' Alive".

CPR is the most important link in the chain of survival! CPR can increase the chances of survival by 2-3 times. To learn more, please click HERE.

Two steps to save a life:

1. Call Right Away! 911
2. Push Hard & Fast in the Center of the Chest!

Lead Poisoning Prevention

October 23-29 is California’s Lead Poisoning Prevention Week. This year’s message is "Protect your family from lead in drinking water, especially during lead service line replacement."

Lead poisoning can seriously affect a child’s brain and nervous system. It can cause learning and behavioral problems. A blood lead test is the only way to identify lead poisoning in children. Please call 533-7438 for more information.

CDPH is offering a Lead Week webinar series on how to protect your family Oct 24, 26, & 28. Click HERE for details.

MPX (monkeypox) Update

Tuolumne County had its first case identified in September. The risk to the general public remains low at this time and cases are declining statewide.

Tuolumne County Public Health has limited JYNNEOS vaccine available for those at highest risk. Vaccine clinics information and appointments can be found at MyTurn.ca.gov

We continue to monitor the situation, coordinating and planning with our local and State partners.

Click HERE for more information about MPX, including current data and prevention information.

Public Health Vaccination & TB Testing Clinic Information click here!