Tuolumne County Public Health Spotlight

NOVEMBER 2022

COVID-19 Update
Tuolumne County saw an increase of 127 cases since our last newsletter update on September 30th. We continue to see a mostly stable rate of new cases identified and we have remained in the Low CDC Community level for the past several weeks, and are still in the Substantial Transmission level. Details on the CDC COVID levels can be viewed HERE.

Demographics and additional data can be viewed on the interactive COVID data dashboard.

The LHI testing site at the Mother Lode Fairgrounds is currently open 10 a.m. to 6 p.m. Sunday through Thursday. The site will be closed on Thursday, November 24th for the holiday. There has been an unexpected interruption in services this week due to a power outage at the fairgrounds. Please follow our Facebook page for updates.

The updated Bivalent vaccine formula is now recommended for people age 5 and older. The booster is available 2 months following the completion of the initial vaccination series or your last booster.

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

As cold and influenza (flu) season arrives, we will continue to monitor emerging COVID variants and potential for a surge in cases, as well as flu activity and RSV (Respiratory Syncytial Virus). Please see our additional related article.

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

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

Daylight Savings Time ends Sunday, November 6th at 2:00 a.m. Don’t forget to adjust your clocks and prepare for potential disruptions in your normal habits. Make adjustments to ensure you still get a good amount of sleep, and be aware that the light will be different during your morning and evening drives. This is also the perfect time to test your smoke and carbon monoxide detectors and change the batteries if needed.
Colds, Flu, & RSV

November is the typical start to cold and flu season. Getting your annual flu vaccination and remembering to follow prevention measures such as frequently washing your hands and cleaning surfaces, 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-19 and RSV.

Increased levels of RSV (Respiratory Syncytial Virus) have been detected in the U.S. Most people recover in a week or two, but RSV can be serious, especially for infants, young children, and older adults. Prevention measures are similar to those to help prevent flu and COVID-19. Click here to learn more about prevention or talk with your healthcare provider: [https://www.cdc.gov/rsv/about/prevention.html](https://www.cdc.gov/rsv/about/prevention.html)

Flu shots are available through pharmacies, healthcare providers, or at the Public Health Department on Tuesdays from 8:30 a.m. to 11:30 a.m. by appointment only. Call 533-7401 to schedule. Please bring your completed registration form with you.

Avoid Slips & Falls

Do the Penguin Walk!
Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

National Diabetes Month

November is National Diabetes Month. This year’s theme is "Today’s Diabetes Hits Different", and there are new ways of hitting back. Talk with your healthcare provider about your risk for diabetes or questions you might have. Check out Adventist Sonora’s Diabetes Resource Center [HERE](https://www.cdc.gov/diabetes/index.html).

Many resources on risk factors and assessment, prevention, treatment, and more can be found at the links above and here: [https://www.cdc.gov/diabetes/index.html](https://www.cdc.gov/diabetes/index.html)

MPX (monkeypox) Update

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](https://MyTurn.ca.gov).

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

Click [HERE](https://www.cdc.gov/diabetes/index.html) for more information about MPX, including current data and prevention information.

To read about the CDPH Advisory on "rainbow fentanyl" click [HERE](https://www.cdc.gov/diabetes/index.html).
Great American Smokeout

Plan to quit tobacco on November 17th during the Great American Smokeout! You don’t have to quit smoking in one day, but you can start with day-one!

Join others across the country who are taking back their health, money, and freedom from addiction, and make this your day to quit for good!

Public Health is coordinating with the Tuolumne County Blue Zones Project this year for an exciting local event. Please see details in the graphic below!

For more information, call us at (209) 533-7401

Valley Fever

The number of reported Valley fever cases in California has greatly increased in recent years. Valley fever can be serious for some people, and symptoms can last weeks or months.

Because Valley fever can be serious, it is important that people become more aware of this disease, especially those in communities where Valley Fever is common (click link to map & info) and in groups at risk for severe disease.

How it Works:

Smoking
Vaping
Chew
Any kind of tobacco

A pack of cigarettes
Vape liquid/device
Can of chew
Another tobacco product

Get:
A $10-$20 gift card
Referrals to free resources
An Oral Hygiene Quit Kit
Better health!

When

Thursday
November 17th, 2022
12:00-5:30 p.m.

Where

Blue Zones Project – Tuolumne County Office
31 N Washington Street
Sonora, CA 95370

Questions? Call Tuolumne County Public Health at 209-533-7401.