COVID-19 Update

COVID-19 cases have increased over the past month as have other respiratory illnesses. On the CDC COVID tracker, Tuolumne County remains in the Low CDC Community level, and in the High Transmission level. Community level is based on new cases and hospitalizations. Transmission level is based on rate of new cases.

Details on the CDC COVID levels can be viewed [HERE](#).

Demographics and additional data can be viewed on the interactive [COVID data dashboard](#).

Continue to practice recommended preventive measures to help prevent the spread of illnesses (see article on next page).

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 Sunday, December 25th and Sunday, January 1st for the holidays.

- Testing is recommended 3-5 days following travel, gatherings, and potential exposure.

The updated Bivalent vaccine formula is now recommended for people age 5 and older, 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](http://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](#)).
Respiratory Illness

Many respiratory viruses circulate year-round, with more activity in the fall and winter. Right now, the U.S. is experiencing levels of respiratory syncytial virus (RSV), influenza (flu), and rhinovirus/enterovirus (RV/EV) that are higher than usual for this time of year, especially among children. COVID-19 also continues to circulate.

Graphs showing the impact of RSV can be seen in the box at the bottom right of this page (clickable to data source).

Practice these prevention tips to help prevent the spread of illness, for yourself, your loved ones, and those most vulnerable:

- Keep up-to-date on vaccinations
- Wash hands and surfaces frequently
- Wear a mask in public spaces
- Avoid others who are sick
- Eat a healthy diet and stay active
- Get good rest
- Stay home when feeling sick!

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

Link to the California weekly report for influenza and other respiratory illnesses can be found by clicking HERE. Snapshot of flu activity for the week ending 11.12.22 below.

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.

For MPX (monkeypox) updates and info, click HERE.
Staying Active in Winter

Staying active and moving is important all year! Being active helps:

- Improve your brain health & your mood
- Control excess weight gain
- Reduce the risk of disease
- Boost energy
- Promote better sleep
- Your cardiovascular system work more efficiently
- Strengthen bones and muscles, and improve your ability to do everyday activities.

In the winter months you may find it harder to do your regular outdoor activities or to find the same motivation you do in the warmer months. To read about more ideas for outdoor or indoor ways to keep active, click HERE!

WINTER EXERCISE IDEAS

- Take a Walk
- Try a Workout Video on YouTube
- Indoor Cycling
- Workout at a Gym
- Play Indoor Pickleball
- Swim at Your Local Community Center
- Cross Country Skiing
- Ice Skating
- Yoga
- Clean the Home
- Dance It Out
- Go Sledding

Links to more resources:

Tuolumne County Behavioral Health

Suicide and Crisis Hotline - Dial 988
https://988lifeline.org/