



Public Health Mōno-Gram

Tom Boo, MD, FAAFP, DTM&H
Public Health Officer
Phone: 760.924.1828
tboo@mono.ca.gov

Sandra Pearce, MS, RN, PHN, CNS
Public Health Director
Phone: 760.924.1818
spearce@mono.ca.gov

www.monohealth.com



Public Health
Prevent. Promote. Protect.

March 13, 2020

Coronavirus (COVID-19) Update

As of 8:00pm today, there are zero (0) confirmed cases of COVID-19 in Mono County. It is still cold and flu season and many people have viral illnesses, most of which are **not** COVID-19. Health facilities are being flooded with calls and visits by people with minor illnesses and it is not possible to test everyone who would like to be tested. Supplies and testing capacity are limited. If you have cold symptoms, stay home and take care of yourself, and try to avoid passing it to other people. If you have fever, a cough, and shortness of breath, please call your healthcare provider as COVID-19 testing is not available at the Health Department. The vast majority of people with COVID-19 infection have mild disease and do not need supportive treatment in the hospital.

Stuffy, runny noses or sore throats are usually due to a cold, not the new coronavirus. In either case, if your symptoms are mild, you probably do not need medical treatment. Stay home unless you are having trouble breathing or developing symptoms of serious illness.

Especially at this time, people with any respiratory illness should take great care to avoid passing infection to other people. Stay home from work, school, the gym, or social gatherings ideally for about a week. Be very careful not to expose the higher risk, vulnerable people in your life such as the elderly, and those with chronic medical problems like heart disease, diabetes, lung disease, kidney disease, cancer, etc. If a week has gone by and you have been without fever for at least 3 days, it's probably safe to resume normal activities.

Individuals at higher risk for getting infected with coronavirus, such as the elderly and those with serious medical conditions, should call their healthcare provider for advice if sick with a fever or cough. Individuals and healthcare providers must balance the possible risks of the acute illness against the risks of **you** catching something when **you** come to the clinic or the Emergency Department.

If you have fever, cough and shortness of breath you should seek medical attention. If breathing difficulty is severe, call 911. Inform the 911 dispatcher of your symptoms so the paramedics can take precautions. If you go on your own to the Emergency Department with fever, cough, and shortness of breath, please call ahead for specific instructions on where to go and what to do.

For current and reliable COVID-19 information, visit www.monohealth.com, www.cdph.ca.gov, or www.cdc.gov.

Mono County - Healthy People, Healthy Communities

Mono County Health Department PO Box 3329, Mammoth Lakes, CA 93546

Mono County Board of Supervisors: Phone (760) 932-5433

District 1: Jennifer Kreitz, District 2: Fred Stump, District 3: Bob Gardner,

District 4: John Peters, District 5: Stacy Corless, CAO: Steve Barwick