



COUNTY OF YOLO

Office of the County Administrator

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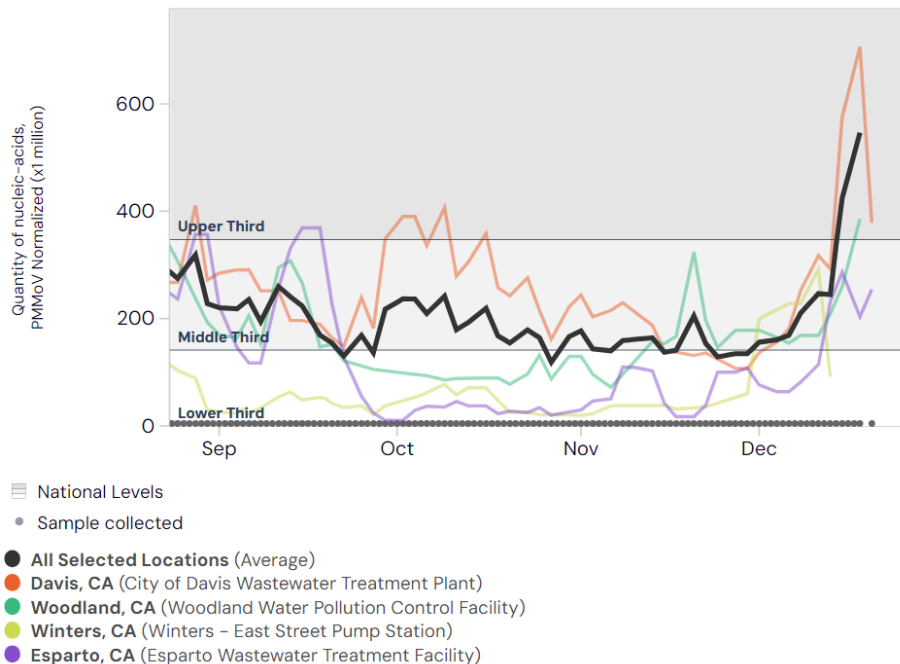
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Yolo County Residents are Encouraged to Mask and Vaccinate Against Respiratory Illnesses

(Woodland, CA) – As the New Year approaches, Yolo County is closely tracking a rise in respiratory virus activity in the community through wastewater monitoring. Recent wastewater data indicate high levels of the SARS-CoV-2 virus that causes COVID-19, along with high levels of respiratory syncytial virus (RSV). For both these viruses, the current Yolo County average is in the top third of levels seen nationally over the last year, indicating high activity.

Yolo County's Public Health Officer Dr. Aimee Sisson emphasizes the crucial need for precautionary measures during times of high respiratory virus activity. "Our wastewater monitoring program is currently detecting high COVID-19 and RSV levels," stated Dr. Sisson. "I recommend that everybody in the community take steps to protect themselves from infection, including wearing a high-quality mask when indoors around others. In addition, if you have not yet gotten the updated COVID-19 vaccine, annual flu vaccine, and RSV vaccine, I strongly encourage you to do so—it is not too late."

SARS-CoV-2, Yolo, CA



(Current SARS-CoV-2 Data from www.WasteWaterScan.org)

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WastewaterSCAN reports that SARS-CoV-2 and RSV levels in Yolo County are at their highest since last winter's surge. Simultaneously, influenza activity is rising statewide and is currently moderate in Yolo County. All residents are strongly urged to take the following actions to prevent respiratory illness:

Vaccination: Stay up-to-date with vaccination for COVID-19, influenza, and RSV. All individuals aged 6 months and older are recommended to a dose of the updated XBB COVID-19 vaccine. Everyone 6 months and older is also recommended to receive an influenza vaccine annually. This year, a vaccine is available for RSV and is recommended for persons 60 years and older, infants, and pregnant persons. Vaccines play a pivotal role in reducing severe illness, hospitalization, and death.

Wear a Mask: In crowded indoor spaces, wearing a high-quality mask (N95, KN95, or KF94) that fits well provides an added layer of protection.

Ventilation: Indoors, enhance ventilation by using a high-quality filter in your HVAC system and adding a portable HEPA filter in rooms where you spend time with others. When weather permits, choose outdoor gatherings to maximize ventilation and reduce transmission risk.

Practice Good Hygiene: Wash hands regularly with soap and water for at least 20 seconds. Hand sanitizers are a convenient alternative when soap is unavailable.

Yolo County residents are encouraged to monitor their health for symptoms of respiratory illness, including fever, cough, shortness of breath, nasal congestion, runny nose, sore throat, muscle or body aches, or fatigue. Persons with symptoms should stay home, test for COVID-19, and follow isolation guidelines if positive. If COVID-19 testing is negative and symptoms are moderate to severe, consider seeing a healthcare provider for influenza and RSV testing and treatment.

Antigen tests for COVID-19 are widely available at retail pharmacies and covered by insurance with no cost-sharing in-network. Free COVID-19 antigen tests and masks are accessible in vending machines at the following locations:

Davis: Mary L. Stephens Library, 315 E. 14th St

Esparto: Regional Library, 17065 Yolo Ave

West Sacramento (Temporarily unavailable): HHSA Campus, 500 Jefferson Blvd

Winters: City Hall, 318 1st St

Woodland (Temporarily unavailable): La Superior Market, 34 W. Court St

If you test positive for COVID-19 and have symptoms, talk to a healthcare provider about antiviral treatments to prevent severe disease and recover faster. Individuals without timely access to a healthcare provider can utilize free virtual COVID-19 telehealth services and medications through Sesame Care by calling 833-686-5051 or visiting their website at SesameCare.com/covid. Anyone seeking guidance on locally available resources for COVID-19 support, including testing, vaccination, or other assistance programs, should call 2-1-1.

For more information and updates, please visit the official Yolo County COVID-19 website at YoloCounty.org/Coronavirus.

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