



Meeting Date: July 9, 2020

Day Editor and Publisher: Dave Dennis

COVID-19 Update

President Elect Joe Ayer opened our meeting on Zoom this week. We had a high of 56 Rotarians signed in. Team 1, Co-chaired by **Kristi Davis** and **Eva Jimenez** got things rolling. **Kristi** being excused, **Eva** introduced **Jack Kimple** who led the pledge. **Eva** did the invocation and showed an inspiring video titled "Proud To Be An American". Was very nice and well received.

Sunshine report: **Kathy Anderson's** husband continues to recover. **PP Jeff Avery's** father fell in Modesto and **Jeff** is there with him.

Announcements: The Rotary night at Water Works Park is still scheduled for August 7th. Always a fun event.

Jake's induction: Next week will be **President Jake's** induction. It would be nice to send a welcoming note of encouragement to **Jake**. Can be done through the office. Contact **Kim** for details.

Recognitions: **PE Joe** went through a list of potential recognitions. Alas, no one admitted they were signed in so there were not recognitions this week.

Program: **Dr. Karen Ramstrom**, who is the Shasta County Health Officer gave an update on the Corona virus in Shasta County and how it has affected our citizens.

The following pages will outline her talk. However, some points she made should be emphasized.

Shasta County is not currently one of the counties shut down in the state in spite of the fact that there are new cases confirmed every day. If we want to have the businesses and services open and available to us in the future, we can cause that to happen.

This isn't new information, but it is the best way to keep our County open.

1. **Wear a mask when you are out.**

2. Keep trips to a minimum and stay at home when possible. Don't go out if you are not feeling well.

3. Avoid gatherings of people outside your "bubble".

4. Wash your hands frequently and avoid touching your face.

5. Maintain your social distancing.

We have our future in our hands. Let's keep our County open.

Shasta County and Covid-19 Today

By Dr. Karen Ramstrom

COVID-19 risk alert levels	
Alert Level 4 Very High Risk	Widespread outbreak that is growing with many undetected cases. Take strong measures to limit all contact.
Alert Level 3 High Risk	Many cases including community spread, with undetected cases likely. Limit everyday activities to increase safety.
Alert Level 2 Moderate Risk	Moderate number of cases with most cases from a known source. Increase efforts to limit personal exposure.
Alert Level 1 New normal	Cases are rare and contact tracing can be used to control the virus. Take everyday precautions.

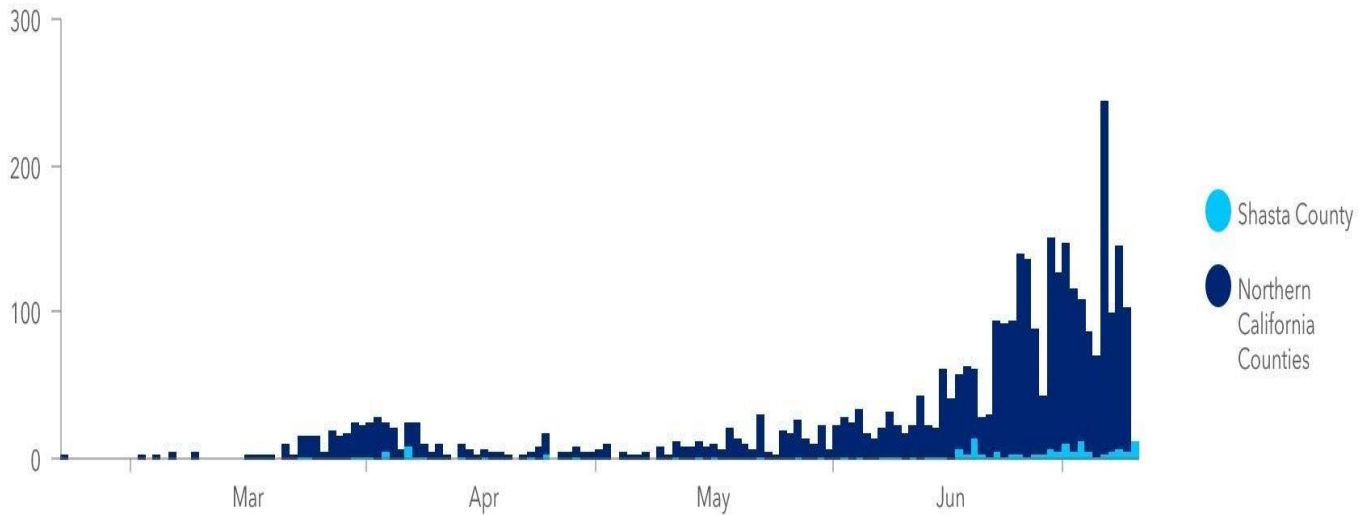


Dr. Karen Ramstrom

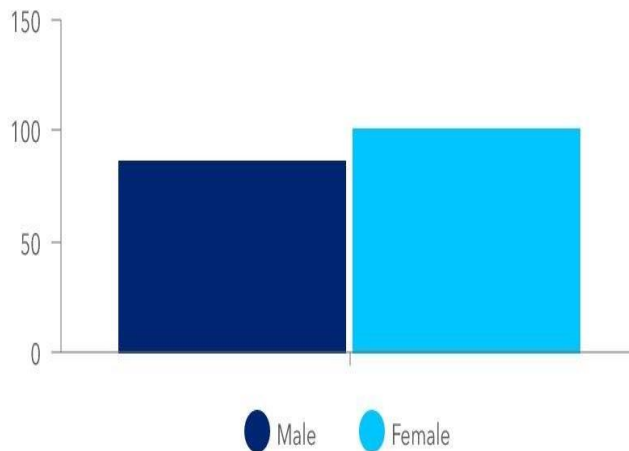
Covid-19 Levels of Alert. We are at level 3 currently,

Confirmed COVID-19 Cases by Day

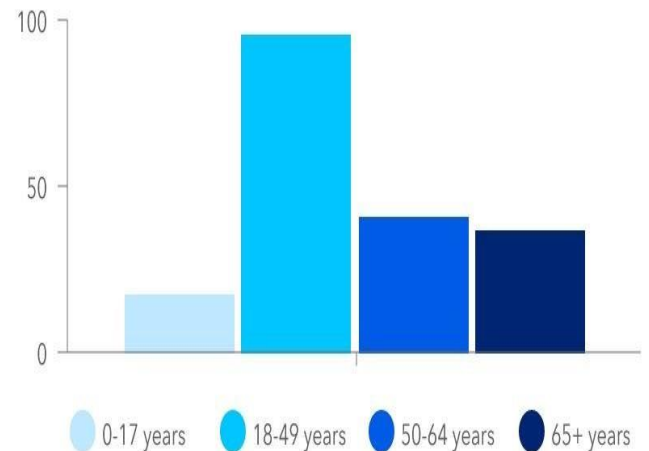
(Northern California Counties include: Butte, Colusa, Del Norte, Humboldt, Lake, Lassen, Mendocino, Modoc, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou, Sutter, Tehama, Trinity, and Yuba Counties)

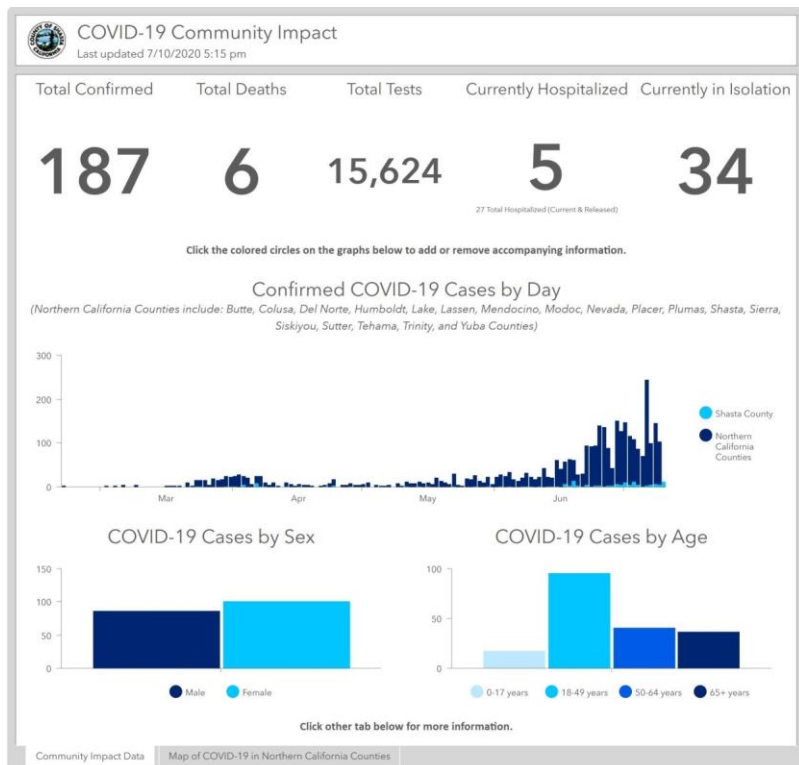


COVID-19 Cases by Sex



COVID-19 Cases by Age





COVID-19 Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

- + WASH YOUR HANDS**
Wash your hands with soap and warm water regularly.
- + COVER A COUGH OR SNEEZE**
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.
- + DON'T TOUCH**
Avoid touching eyes, nose or mouth, especially with unwashed hands.
- + KEEP YOUR DISTANCE**
Avoid close contact with people who are sick.
- + STAY HOME**
If you experience respiratory symptoms like a cough or fever, stay home.
- + GET HELP**
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

MORE INFORMATION
Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19

Shasta County Health & Human Services Agency

Roadmap to Recovery



Allowed to open with modifications (updated 6/12/2020)			Not allowed to open yet
Athletic practices	Hair salons, barber shops	Office-based businesses	Public events and gatherings, like live audience sports
Campgrounds, RV parks and outdoor recreation	Healthcare services	Personal services (car washes, pet grooming, tanning facilities, landscape gardening)	Live theater
Card rooms, satellite wagering facilities and racetracks	Hotels, lodging and short-term rentals	Professional sports without live audiences	Convention centers
Casinos operated by sovereign tribal nations	In-person protests	Religious services and cultural ceremonies	Theme parks and festivals
Childcare and summer programs	Libraries	Retail	Higher education (in person)
Esthetician, skin care, cosmetology and electrology services	Massage therapy	Restaurants, bars, wineries	Indoor playgrounds
Fitness facilities	Museums, galleries, zoos and aquariums	School	Saunas and steam rooms
	Movie theaters and family entertainment centers	Tattoo and piercing shops	
	Nail salons		

Before reopening, all facilities must:

1. Perform a detailed risk assessment and implement a site-specific protection plan
2. Train employees on how to limit the spread of COVID-19, including [how to screen themselves for symptoms](#) and stay home if they have them
3. Implement individual control measures and screenings
4. Implement disinfecting protocols
5. Implement physical distancing guidelines

It is critical that employees needing to self-isolate because of COVID-19 are encouraged to stay at home, with sick leave policies to support that, to prevent further infection in your workplace. See additional information on [government programs supporting sick leave and worker's compensation for COVID-19](#).

This [guidance](#) and [checklist](#) can help you build your reopening plan, and the CDC has also created a [business reopening toolkit](#). These recommendations are based on what is known at this point in time. When state guidelines become available, adjustments to these recommendations may be necessary. If you need technical assistance on creating your plan, email COVID19@co.shasta.ca.us.

Here are some [family-friendly practices for employers](#).

Business Opening Guidelines

What CANNOT Open Yet?

California is reopening in stages to minimize the risk of spreading COVID-19. Businesses that aren't yet allowed to open can lay the required groundwork now so they're ready to reopen as soon as it's OK. This [guidance](#) and [checklist](#) can help you build your reopening plan, and the CDC has also created a [business reopening toolkit](#). These recommendations are based on what is known at this point in time. When state guidelines become available, adjustments to these recommendations may be necessary. If you need technical assistance on creating your plan, email COVID19@co.shasta.ca.us.

These businesses are not yet allowed:

- **Public events and gatherings**, like live audience sports
- **Convention centers**
- **Theme parks and festivals**
- **Higher education (in person)**
- **Indoor playgrounds**
- **Saunas and steam rooms**

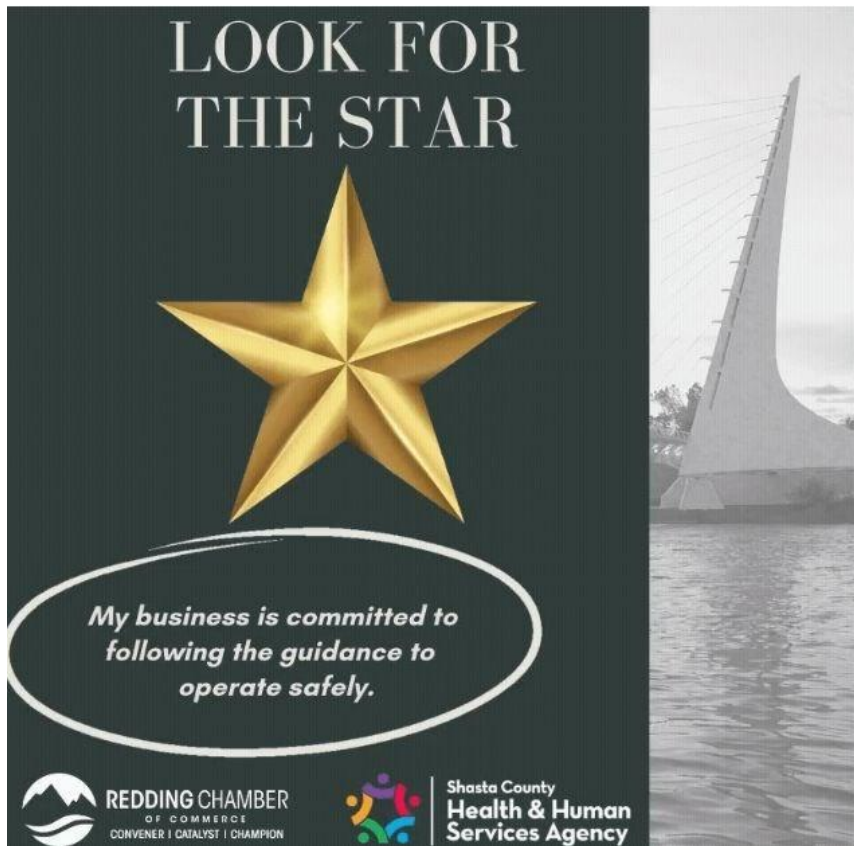
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If you see the above image in the window of a business rest assured this business adheres to the cdc guidelines for safety.
Below is a compilation for isolation and quarantine.

COVID-19: Quarantine vs. Isolation


QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.




If you are sick and think or know you have COVID-19

- Stay home until after
 - 3 days with no fever and
 - Symptoms improved and
 - 10 days since symptoms first appeared

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after
 - 10 days have passed since your positive test.

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.



cdc.gov/coronavirus

CS117422-A 6/8/2020 2PM

Dr. Ramstrom gave an exceptionally good talk and we thank her for her time and effort in keeping us all healthy.

Calendar

July 16	Jake's Installation
July 23	TBA
July 30	TBA
August 6	No Meeting
August 7	Rotary Fun Night -- Waterworks Park

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NVCSS is partnering with Kohl's for our annual Back to School Shopping Spree – *drive-thru style!*

Saturday, August 1

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