



Public Health Brief

Richard O. Johnson, M.D., MPH **Nichole Williamson**
Public Health Officer HHS Director
Office: 530-694-2146, Ext 249 Office: 530-694-2235
e-mail: rjohnson@alpinecountyca.gov

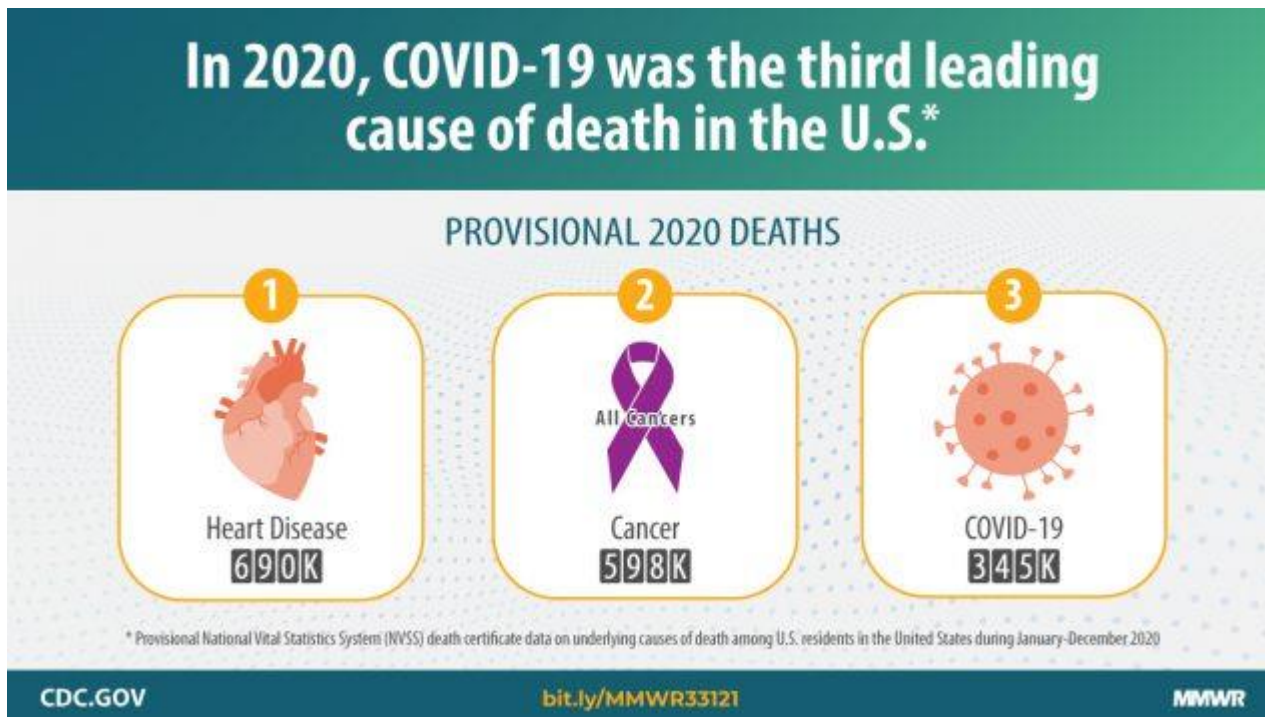
24/7/365 Emergency Contact Number
Dispatch: 530-694-2231, Ext 330
Warm Line: 530-694-1011



The Good, The Bad, and The Ugly

https://www.youtube.com/watch?v=WCN5JJY_wiA – trailer to the 1966 movie

The Ugly: life-ending



The COVID-19 pandemic caused approximately 375,000 deaths in the United States during 2020. The age-adjusted death rate increased by 15.9% in 2020. Overall death rates were highest among Black, American Indian, and Hispanic persons. Lest you think that only the elderly were impacted, the death rate among those <age 14 was <1.5, but then increased as follows:



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith

Age 25-34: 5.5
Age 35-44: 16
Age 45-54: 44
Age 55-64: 105
Age 65-74: 249
Age 75-84: 636
Age>85: 1798

What is currently happening in places like Brazil, India, Europe, Mexico, Canada, and 19 of our states, is extremely worrisome. A 4th surge in developing, partly due to lack of vaccine, and partly due to loosening of restrictions and public “misbehavior”. So far California has been spared, but I am concerned.

[COVID-19 situation update worldwide, as of week 11, updated 25 March 2021 \(europa.eu\)](https://ec.europa.eu/eurostat/tgm/table.do?tab=table&init=1&language=en&code=sdg-3-6.2)

[US coronavirus: CDC director warns of 'impending doom' as Covid-19 cases spike in most states - CNN](https://www.cnn.com/2021/03/29/health/cdc-director-warns-impending-doom-covid-19/index.html)

<https://www.bloomberg.com/news/articles/2021-03-30/u-s-covid-deaths-expected-to-rise-soon-with-new-wave-emerging>

https://www.theatlantic.com/health/archive/2021/03/fourth-surge-variant-vaccine/618463/?utm_source=newsletter&utm_medium=email&utm_campaign=atlantic-daily-newsletter&utm_content=20210330&silverid=%25%25RECIPIENT_ID%25%25&utm_term=The%20Atlantic%20Daily

The Bad: Life-changing

You might be young and healthy and say that the above numbers aren't too bad, and therefore you are willing to take your chances and risk getting infected by disregarding the recommended public health measures. But have you ever heard of “long haulers”? These are the many thousands of persons (probably millions worldwide) who even after supposedly recovering from their COVID-19 illness continue to suffer persistent and disabling symptoms. Nearly 100 kinds of lingering symptoms and physical damage have been catalogued so far. There is a wide range of severity, but unrelated to the severity of the initial illness. You might say “I was not that sick – I was never hospitalized”. You might say, “But I am young, that only happens to older folks”. Neither statements are true. Many long haulers are young and healthy, they are mostly female, and the average age is 44. Even persons who were infected but never developed symptoms can become long haulers, including prominent and persistent “brain fog” and fatigue that affect their cognition and quality of life.



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith

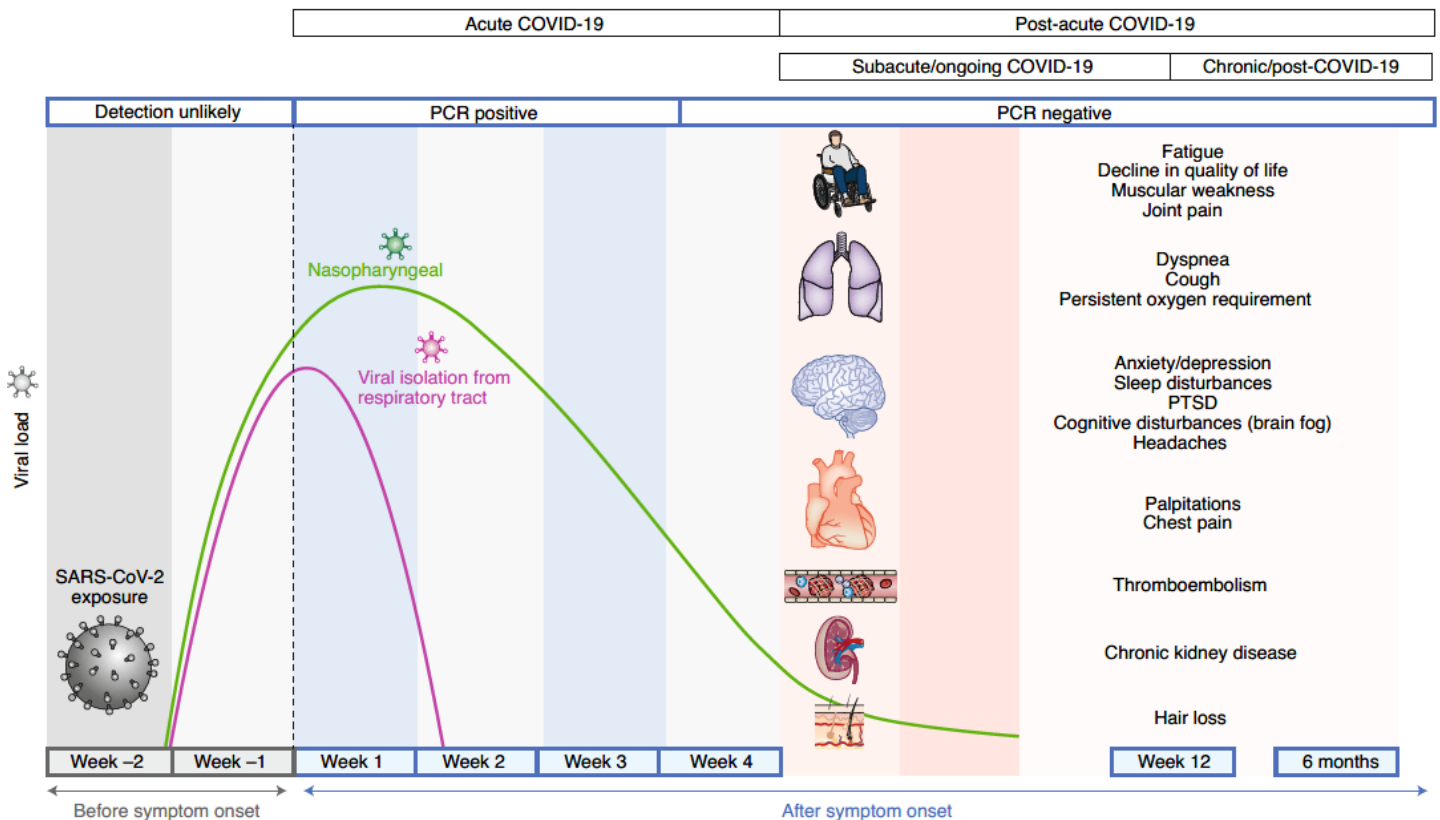
My advice:

- Practice all of the individual public health recommendations:
 - Masking
 - Social distancing
 - Frequent handwashing
 - Minimizing gathering, especially indoors
- **GET VACCINATED!!!**

[The Kids Are Not Alright: A Preliminary Report of Post-COVID Syndrome in University Students | medRxiv](#)

[As Their Numbers Grow, COVID-19 “Long Haulers” Stump Experts | Infectious Diseases | JAMA | JAMA Network](#)

[Covid-19 Long Haulers: Meaning, Symptoms, Support Groups – Covid.us.org](#)



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
 Alpine County Board of Supervisors, Phone: (530) 694-2281
 District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,
 District 4: Terry Woodrow, District 5: David Griffith

The Good: life-preserving

The vaccines work! https://www.cdc.gov/mmwr/volumes/70/wr/mm7013e3.htm?s_cid=mm7013e3_w

The vaccines are safe.

[Is the COVID-19 Vaccine Safe? | Johns Hopkins Medicine](#)

The vaccines not only protect against disease, but also transmission.

<https://www.sciencenews.org/article/coronavirus-covid-vaccine-moderna-pfizer-transmission-disease>

Immunity from infection or vaccine may last longer than previously thought.

<https://www.nih.gov/news-events/news-releases/t-cells-recognize-recent-sars-cov-2-variants>

Vaccine producers are working on possible boosters in response to the variants.

[Pfizer and Moderna Are Studying Possible COVID 'Booster' Shots—Why a Third Dose May Be Needed | Health.com](#)

Vaccine producers are working on vaccines for children >6 months of age.

[When Will Kids Get COVID Vaccines? - Scientific American](#)

Current vaccines are safe for pregnant moms and provide protection for the fetus and newborn.

[COVID vaccine in pregnancy triggers strong immune response in moms, babies | CIDRAP \(umn.edu\)](#)

You should still get the COVID vaccine – both doses – if you have had COVID infection. In fact, your immune response is much greater than in those who have never been infected!

[Myths and Facts about COVID-19 Vaccines | CDC](#)

[Covid: Past infection increases vaccine response six-fold - BBC News](#)

Wearing masks, hand hygiene, and social distancing protects you not only from COVID-19, but also influenza and all causes of respiratory illness and pneumonia.

[Impact of Wearing Masks, Hand Hygiene, and Social Distancing on Influenza, Enterovirus, and All-Cause Pneumonia During the Coronavirus Pandemic: Retrospective National Epidemiological Surveillance Study \(nih.gov\)](#)

Therefore, protecting ourselves, our households, and our communities is **up to us!** Do the right thing!

Get Vaccinated. Wear your mask. Practice good hand hygiene. Use social distancing. Minimize groups!



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith