



Thursday, August 12, 2021

COMMUNITY COVID ANNOUNCEMENT

Sonoma Valley Hospital is closely monitoring the recent uptick in positive cases. The Novel Coronavirus (Covid-19) continues to evolve as it encounters new hosts to infect. We are dealing with recent exposures that have infected and sickened both vaccinated and unvaccinated people in our community. We continue to see that vaccinated individuals infected by the virus recover much more quickly than those who are unvaccinated. Death is an outcome almost exclusively for the unvaccinated. In the past few weeks:

- Infections have occurred at unmasked events hosted outdoors
- Infections have occurred to vaccinated people
- Infections continue to occur in indoor spaces
- Hospitalizations and deaths continue to occur to those who are not vaccinated

We are providing conservative guidelines (see below) to address immediate concerns and needs due to high risk exposure or contact with a positive confirmed case based upon CDC Guidelines.

Please seek medical advice from your primary care provider for additional concerns you may be having because of your own medical and health needs.

Contact our Community Outreach Department for additional support at 707.935.5257 or by email: community@sonomavalleyhospital.org

Sonoma Valley Hospital is always available to assist in all ways possible.

Sincerely,

John Hennelly, President
and Chief Executive Officer

Sabrina Kidd, MD
Chief Medical Officer
and UCSF Medical Director for SVH

Community Guidelines: High-Risk Exposure or Close Contact to COVID-19 (REV: 08.12.21)

These Covid-19 Guidelines are based upon CDC recommendations and are subject to change as the virus is constantly changing.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Always wear a mask and practice social distancing when in spaces with others not of your immediate household, regardless of vaccination status.

After high-risk exposure or close contact to COVID (less than 6 feet for 15 minutes or more), please do the following:



Mask and Self-Quarantine (stay home and self-isolate)

- For 14 days or
- Mask for 14 days and quarantine for a minimum of 7 days with a negative covid test collected on day 5 or more after exposure.
- For more information about quarantine and self-isolate, visit the CDC's site at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>



Contact Your primary care provider, IF

- You are experiencing concerning symptoms*
 - Check the CDC Symptom Check List below or visit their website at: www.cdc.gov/coronavirus/2019-ncv/symptoms-testing/symptoms.html



Get Tested, IF

- You are symptomatic
- Your physician advises

If you have no symptoms we encourage you to mask and self-quarantine. If you want to be tested, please schedule or visit one of the approved testing sites in Sonoma Valley and throughout the County. See "Testing Resources" below.

***COVID SYMPTOM LIST (SOURCE: Centers for Disease Control and Prevention)**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting



- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

TESTING RESOURCES:

Sonoma Valley:

1. **Fiesta Plaza, Monday – Friday, 8:00 am – 2:00 pm Sonoma**
18615 Sonoma Highway, (no-cost, appointment recommended)
Make appointment online at www.curative.com or by calling 888-702-9042
2. **Park ‘n Ride, Sunday, 8:00 – 2:00 pm** **Boyes Hot Springs**
Sonoma Highway & Thompson Avenue (no-cost, appointment recommended)
Make appointment online at www.curative.com or by calling 888-702-9042

Sonoma County:

1. There are several Covid clinical test sites throughout Sonoma County listed at:
<https://socoemergency.org/emergency/novel-coronavirus>

Other Online Resources:

Sonoma Valley Health Partners

Maintained by Sonoma Valley Hospital and Sonoma Valley Community Health Center. Site lists upcoming and recurring COVID-19 Testing and Vaccines clinics in Sonoma Valley. Provides list of resources based locally and in the County
Visit: www.svhpvaccines.org

Sonoma Valley Hospital

Provides information and links to various COVID resources including Centers for Disease Control and Prevention (CDC), Sonoma County Department of Public Health, and City of Sonoma, and other agencies and resources.
Visit: <https://www.sonomavalleyhospital.org/coronavirus-2019>