



Lassen COVID-19:

Lassen County
Public Health 

Press Release
FOR IMMEDIATE RELEASE

DATE: 6/15/2022
Time: 4:00 pm
RELEASE #: 1 of 1

SUBJECT: Tools to stay safe and protect yourself and others from COVID-19.

Due to the increase of positive COVID-19 cases, Lassen County Public Health would like to remind everyone to continue to take action in slowing the spread of the virus by following all applicable guidance and recommendations from the California Department of Public Health, and carefully review new recommendations and direction as it is issued.

Following the simple steps can reduce or prevent the spread of any respiratory illness, including COVID-19:

- If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions
- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms
- Wash your hands with liquid soap and water for at least 20 seconds, or if you do not have soap you can use alcohol-based sanitizer of at least 60% alcohol
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing, do not use your hands
- Stay home if you are feeling sick
- Regularly clean surfaces touched frequently by people
- Follow any additional guidelines recommended by the CDC

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.