



News Release



**MENDOCINO COAST
DISTRICT HOSPITAL**

March 13, 2020

FOR IMMEDIATE RELEASE

MCDH CORONAVIRUS (COVID-19) UPDATE

The Mendocino Coast District Hospital continues to collaborate with the City of Fort Bragg to keep our residents informed about the novel coronavirus (COVID-19). Please see the following Public Service Announcement:

In keeping with our commitment to our patients and the health of our community, Mendocino Coast District Hospital, North Coast Family Health Center, and Mendocino Coast Home Health have been working diligently to respond to the rapidly developing events associated with the COVID-19 pandemic. Hospital leaders and managers have been in daily contact with the California Department of Public Health and meet several times a week with the Mendocino County Health and Human Services Agency to sharpen our preparation for this public health emergency.

As of today, we have not received any reports of a confirmed case of COVID-19 infection in Mendocino County. We are making daily preparations should this occur. Our hospital is currently providing physicians and other healthcare providers the ability to test their patients for SARS-coV-2 virus and coronavirus that causes COVID-19 infection. We are training our employees and physicians to respond in a manner that assures the health of our community and the safety of our healthcare workers while maintaining the hospital services that will be needed in the coming days.

We need the cooperation of our healthcare district members and visitors to be successful. Individually, here is what you can do to help:

Stay informed:

- The Centers for Disease Control provides information about the COVID-19 pandemic at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- The California Department of Public Health has an informational website that is updated daily with information about the COVID-19 pandemic. The website is located at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Mendocino County Health & Human Services Center also provides information on their website at: <https://www.mendocinocounty.org/community/novel-coronavirus>

Partner with your Healthcare provider:

- If you experience the signs or symptoms of infection to this virus, i.e.,
 - Travel to an area of COVID-19 outbreak,
 - Contact with someone who tested positive for SARS-coV-2, and
 - Fever, dry cough, shortness of breath,

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Then call ahead to your doctor's office, put on a mask and sanitize your hands with an alcohol-based hand sanitizer when entering the facility.

- If your physician decides a test for the SARS-coV-2 is needed, the test will be performed at a Quest Diagnostics reference laboratory. The test will take a minimum of eight days before results are available. During that time, and for fourteen (14) days from the time of your office visit, you will need to quarantine yourself at home or until the result is negative. A test is negative only if repeated 24 hours after the first result, and remains negative (this may extend the fourteen day quarantine period). It is also recommended that any close contacts you have had also remain in home quarantine for 14 days or until a negative result is received.

Help the hospital keep patients and workers safe:

- Do not visit the hospital if you have a fever, cough, runny nose or other signs of infection.
- Wash your hands.

Keep yourself safe:

- Avoid crowds & keep a distance between yourself and others of at least six feet when you are in public areas.
- Wash your hands frequently.
- Avoid touching your face and avoid shaking hands.

Questions regarding the City of Fort Bragg's monitoring of COVID-19 should be directed to Tabatha Miller, City Manager at (707) 961-2829. Questions regarding the Mendocino Coast District Hospital response efforts should be directed to Wayne Allen, CEO at (707) 961-4610.