

News Release

FOR IMMEDIATE RELEASE

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Sacramento County Detects 2019 Novel Coronavirus Case

First confirmed Sacramento County COVID-19 case; no immediate threat to the public's health

Sacramento, Calif. – [Sacramento County Public Health](#) reports the first confirmed travel-related coronavirus disease 2019 (COVID-19) case in a Sacramento County resident. The individual recently traveled from China, where an outbreak of the novel coronavirus has been ongoing since December 2019.

The adult returned from China to the U.S. on February 2. The individual took precautionary measures during travel and has self-quarantined since returning. During the quarantine period, the individual began exhibiting mild symptoms. In consultation with the individual's primary care provider, Sacramento County Public Health coordinated testing with the Center for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH). Currently, the individual is asymptomatic, but will remain home for mandatory isolation until cleared by Sacramento County Public Health. Sacramento County Public Health's investigation determined that currently, the public's risk of exposure is extremely low.

As a reminder to residents of Sacramento County, Dr. Peter Beilenson, Sacramento County Department of Health Services Director, said, "Cases in the U.S., including this first case in Sacramento County, have primarily been travel-related. The risk of COVID-19 to the U.S. public continues to be low. Sacramento County health providers are continuing to be vigilant, monitoring for acute respiratory illness, and gathering recent travel information to detect any new COVID-19 cases."

With state and federal health agencies, Sacramento County Public Health has a coordinated system with healthcare partners to identify possible cases, coordinate testing/diagnosis and management of suspect cases, lead investigations to identify those possibly exposed for infection control. Per guidance from the CDC, a clinical specimen was collected from the individual and was sent to CDC where laboratory testing confirmed the infection.

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Daily Precautions:

While the immediate risk of this new virus to the public is currently low, there are simple daily precautions that everyone should always take. CDPH and Sacramento County Public Health recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- It's flu season, get vaccinated – it's not too late.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- People experiencing worsening flu symptoms should seek medical attention – call ahead if recently traveled to China or have had contact with a person with confirmed COVID-19 while they were ill.

Additional information and status updates can be accessed on the County's Public Health website at SacCounty.net.

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