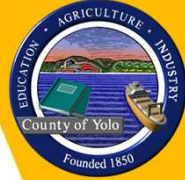




# **COVID-19 AND AVIAN INFLUENZA UPDATE**

**HEALTH AND HUMAN  
SERVICES AGENCY**

**AIMEE SISSON, MD, MPH  
HEALTH OFFICER**



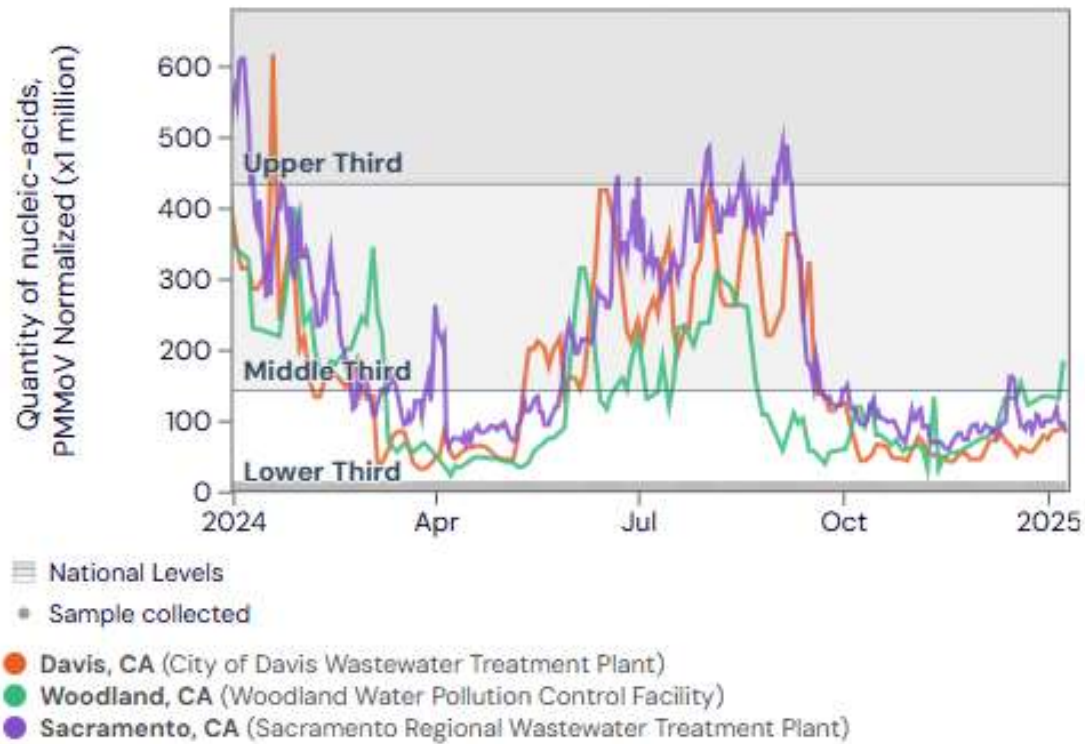
# COVID-19 HAS NOT GONE AWAY.

- COVID-19 State of Emergency ended February 28, 2023
- Federal Public Health Emergency for COVID-19 ended May 11, 2023
- Fewer reporting requirements
  - Labs must report cases but providers do not have to
- Wastewater monitoring continues, at fewer sites
  - Davis, Woodland, & West Sacramento ongoing
  - Winters and Esparto stopped
- Fewer Californians are dying from COVID-19
  - ~6% of deaths in December 2022
  - ~1% of deaths in December 2024

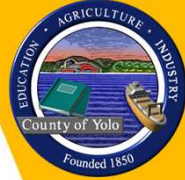


# COVID-19 LEVELS ARE LOW IN YOLO.

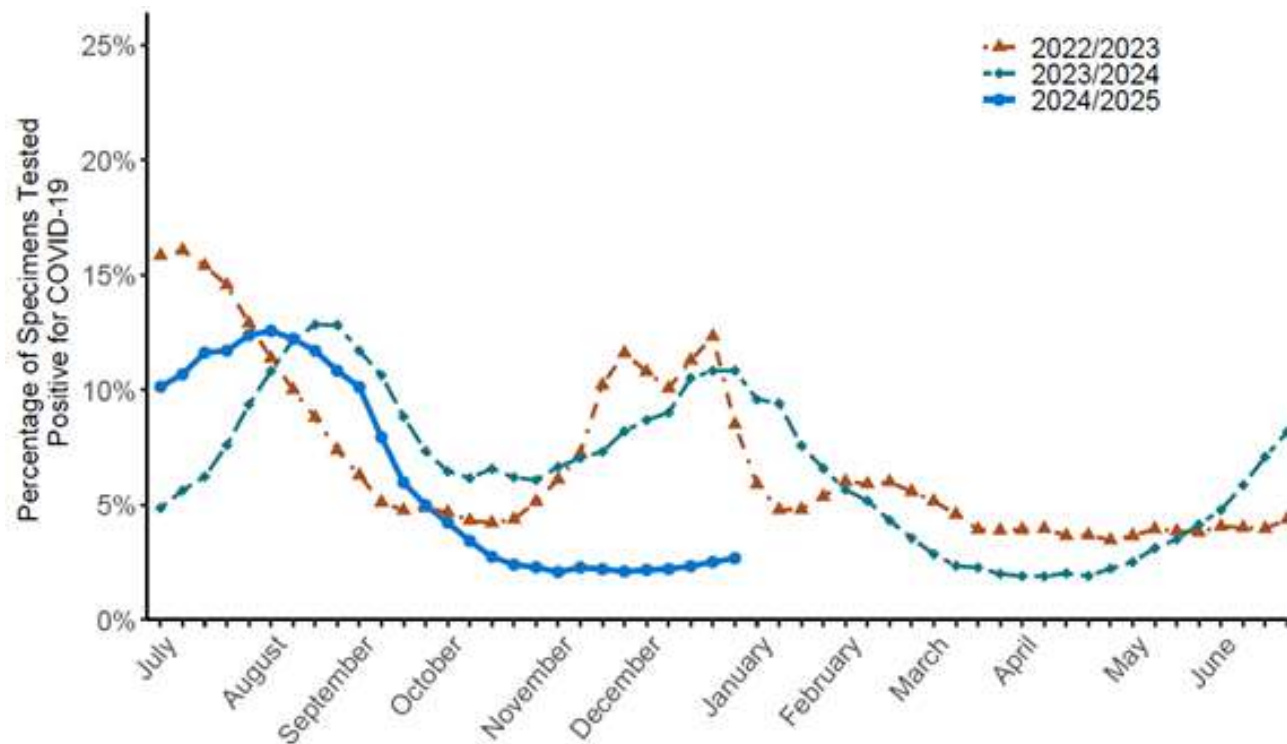
SARS-CoV-2, 3 Sites



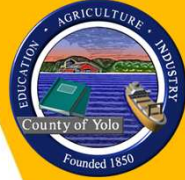
Source: WastewaterSCAN, as of 1/10/24



# CALIFORNIA COVID-19 LEVELS BELOW EXPECTED FOR SEASON.



Source: CDPH Respiratory Virus Weekly Report, 12/29/24-1/4/2025



# UPDATED COVID-19 VACCINES ARE HERE.

- Vaccine is best protection against severe disease, hospitalization, & death
- 2024-25 COVID-19 vaccine is FDA-approved
- Targets recent Omicron variants
  - Pfizer and Moderna: KP.2
  - Novavax: JN.1
- Available from provider offices and retail pharmacies
- Can be given at same time as seasonal flu vaccine
- Recommended for everyone 6 months and older



Group	Vaccination Coverage
California, 18+	27%
U.S., 18+	22%
U.S., 65+	44%

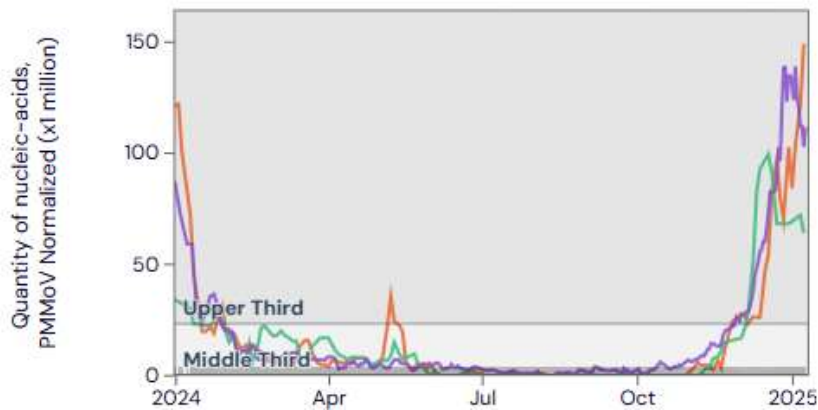


## **FREE COVID-19 TESTS ARE AVAILABLE.**

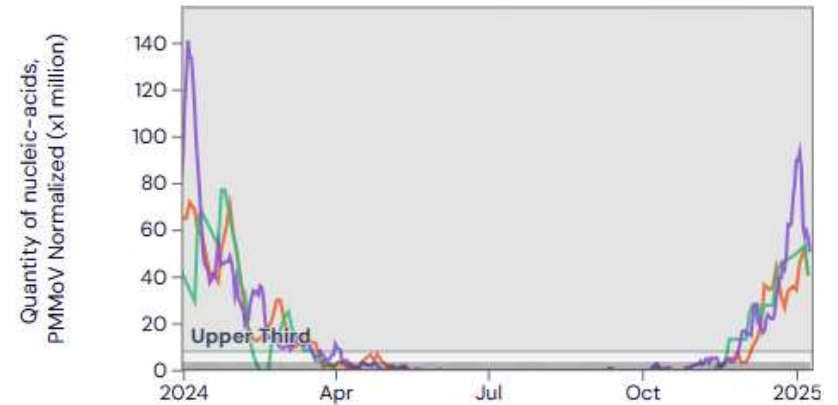
- 4 free tests per household through Federal government ([covidtests.gov](https://www.covidtests.gov))
- Commercial plans cover 8 tests per member per month at in-network pharmacies; Medi-Cal covers 4 tests per member per month
- Free tests in Yolo County vending machines (restocked weekly)
  - Davis HHSA
  - Esparto Library
  - West Sacramento HHSA
  - Winters City Hall
  - Woodland HHSA (Gonzales)

# OTHER VIRUSES CURRENTLY POSE HIGHER RISK.

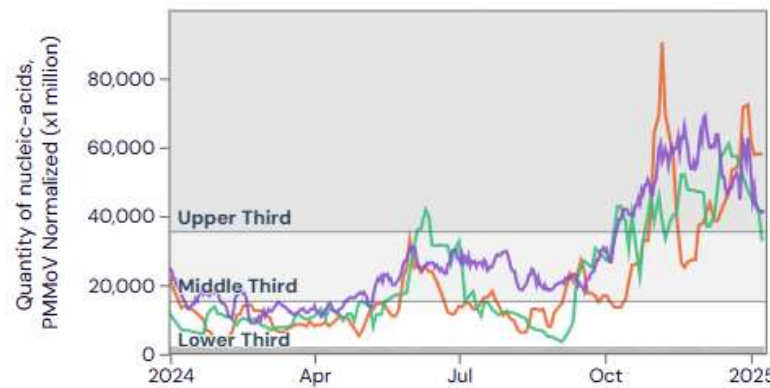
Influenza A, 3 Sites



RSV, 3 Sites



Norovirus, 3 Sites



- Davis, CA (City of Davis Wastewater Treatment Plant)
- Woodland, CA (Woodland Water Pollution Control Facility)
- Sacramento, CA (Sacramento Regional Wastewater Treatment Plant)

Source: WastewaterSCAN, as of 1/10/24

# PROTECT YOURSELF AND STOP THE SPREAD.

 **6 Tips to Stay Healthy this Cold & Flu Season**

- Stay Up to Date on Vaccines
- Stay Home\* & Test If Sick
- Seek Treatment
- Consider Masking
- Wash Hands
- Cover Your Cough

 **SLOW THE SPREAD**

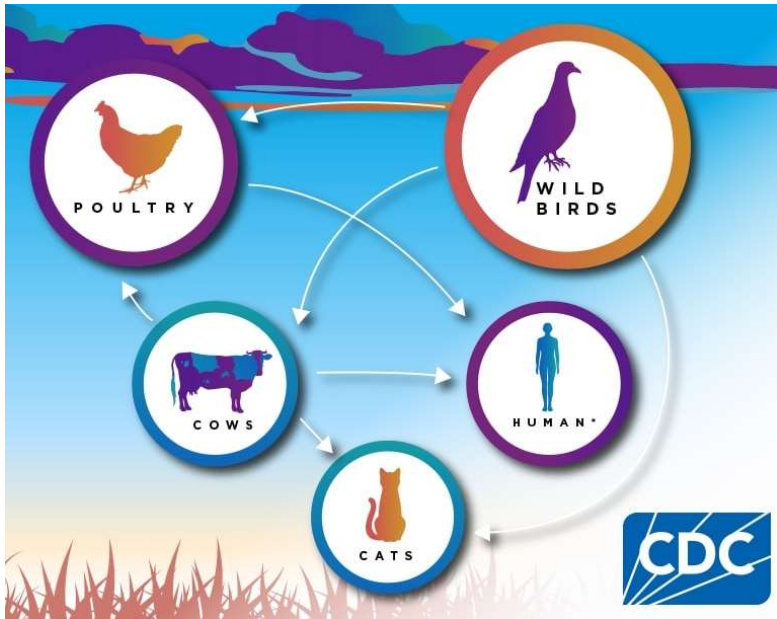
**\*Stay home and away from others until, for 24 hours BOTH:**

 **+** 

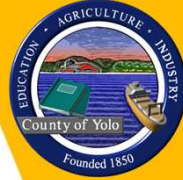
**Your symptoms are getting better**      **You are fever-free (without meds)**

 **Then take added precaution for the next 5 days**

# AVIAN INFLUENZA IS SPREADING IN WILDLIFE, LIVESTOCK, & HUMANS.



	United States			Yolo County		
	2022	2023	2024	2022	2023	2024
Wild Bird	X	X	X	X	X	X
Poultry	X	X	X			
Dairy Cows			X			
Human	X		X			
Retail Raw Milk			X			X
Raw Pet Food			X			
Wastewater			X			X



# HUMANS INFECTED BY COWS, BIRDS, ?RAW MILK

- 707 infected dairies in California since August 2024 as of 1/10/2024
- 99 commercial flocks, 36 backyard flocks, and 23M birds affected in CA as of 1/10/25
- 37 confirmed human cases in California as of 1/8/2024
  - 36 in dairy workers
  - 1 unknown exposure (Alameda County child)
  - All mild disease (eye redness or discharge, cough, sore throat)
  - No human-to-human spread to date
- Recalls of raw milk in California due to detection of H5N1 Nov 2024 (Raw Farm), Dec 2024 (Valley Milk Simply Bottled)
- Recalls of raw pet food Dec 2024 (Monarch Raw Pet Food, Northwest Naturals)

# AVIAN INFLUENZA IS CAUSED BY A VIRUS.

- Avian influenza, aka bird flu, aka influenza A(H5N1)
- Influenza A viruses can infect multiple species, including birds, cows, and humans
  - Seasonal influenza in humans caused by influenza A and influenza B
- An individual can be infected by multiple influenza A viruses at same time [e.g., seasonal influenza A and influenza A(H5N1)]

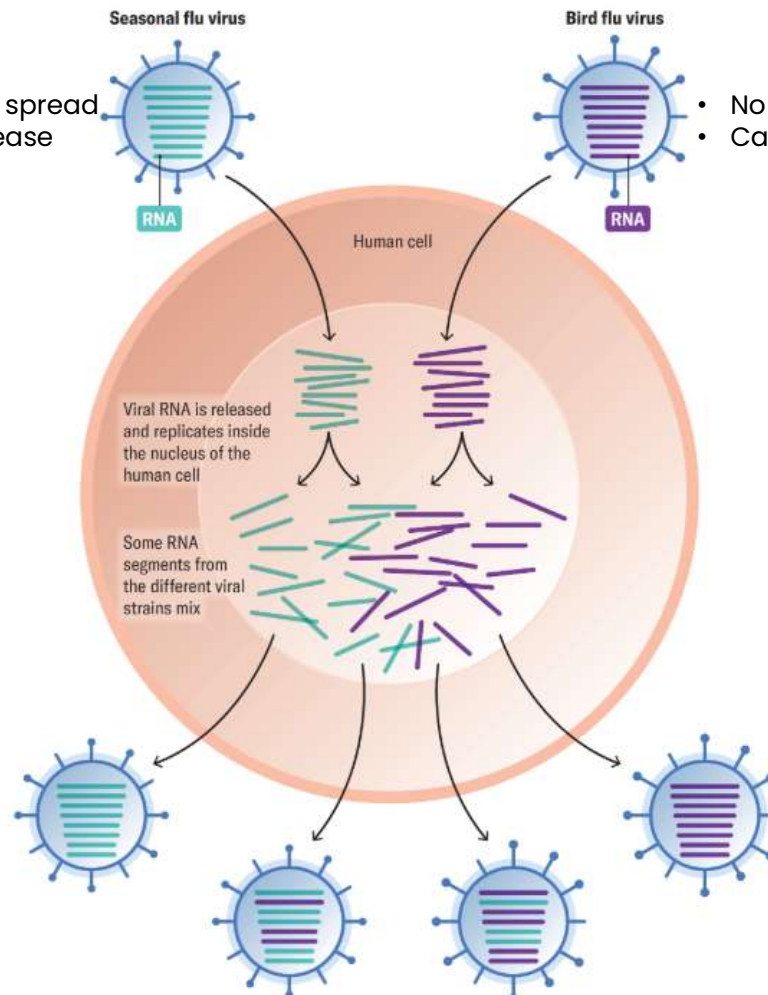


# INFLUENZA A VIRUSES CAN REASSORT INTO NOVEL STRAINS WITH PANDEMIC POTENTIAL.

- Human-to-human spread
- Causes severe disease

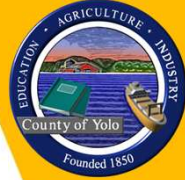
## How Flu Virus Reassortment Works

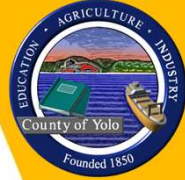
If a person became infected with both seasonal influenza and bird flu at once, the viruses could swap RNA segments inside their cells, resulting in new strains.



- No human-to-human spread
- Causes mild disease

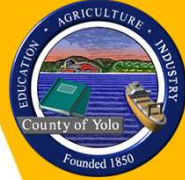
- New viral particles containing a mix of RNA are released
- Human-to-human spread
- Causes severe disease
- Minimal immunity





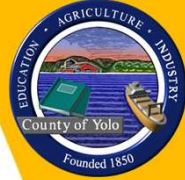
## **RISK TO GENERAL PUBLIC IS LOW**

- Per CDC, risk to general public is low
- Risk higher for people who work with or are around poultry, dairy cows, wildlife, and raw milk
- Bird flu spreads to people by:
  - Breathing in dust or droplets with virus
  - Splashing raw milk from infected cow into eyes, nose, or mouth
  - Touching eyes, nose, or mouth with unwashed hands after touching raw milk, cow or bird feces, contaminated items or surfaces, or sick or dead infected animals
  - Drinking raw milk (possible route)
- Symptoms in humans may include eye redness or discharge, cough, sore throat, runny or stuffy nose, diarrhea, vomiting, head or body aches, fatigue, trouble breathing, fever



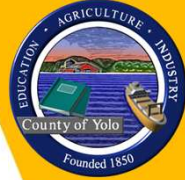
# THERE ARE PROTECTIONS AGAINST BIRD FLU.

- General Public:
  - Avoid contact with infected animals, including wild birds (may appear healthy)
  - Avoid raw milk and raw milk products. Pasteurization kills flu virus.
  - Get a seasonal flu vaccine to reduce risk of co-infection with seasonal & bird flu
  - Avoid feeding raw dairy or poultry products to pets
- Workers in Contact with Poultry, Cows, or Wildlife:
  - Wear PPE (Respirator, eye protection, gloves, coveralls, head cover, boots)
  - Wash hands, especially before eating, drinking, touching face
  - Change clothes before going home
  - Get a seasonal flu vaccine to reduce risk of co-infection with seasonal & bird flu



## **PUBLIC HEALTH IS FOLLOWING CLOSELY.**

- Ongoing wastewater monitoring for H5
- Routine dairy herd testing at UC Davis
- Monitoring emergency room visits for influenza-like illness
- Surveillance influenza A subtyping of hospitalized flu patients
- Offering on-site seasonal flu vaccines for dairy and poultry workers
- PPE available for poultry, dairy, and wildlife operations upon request
- Antiviral medications available to treat infected and exposed persons
- Following WHO, CDC, and CDPH for reports of severe disease or human-to-human transmission
- Limited quantities of well-matched vaccine in Strategic National Stockpile (not released)



## H5, 3 Sites

**Davis, CA**  
(City of Davis  
Wastewater  
Treatment Plant)

**Sacramento, CA**  
(Sacramento  
Regional  
Wastewater  
Treatment Plant)

**Woodland, CA**  
(Woodland Water  
Pollution Control  
Facility)



Level: ■ Not detected ■ Detected