

Tuolumne County Public Health Spotlight

JUNE 2023

CalAIM

Anthem Blue Cross (Anthem) is working with the California Department of Health Care Services (DHCS), county and other local partners to implement the California Advancing and Innovating Medi-Cal (CalAIM) program. CalAIM aims to transform Medi-Cal, making the program more equitable, coordinated, and person-centered to help Anthem members maximize their health and life trajectory.

For more information, please visit:

[Community Supports CalAIM](#)



Summer Preparedness

EXTREME HEAT:

Extreme heat can be very dangerous, follow these tips to stay prepared during periods of extreme heat this summer:

- Learn to recognize the signs of heat illness.
- Cover windows with drapes or shades.
- Use window reflectors specifically designed to reflect heat back outside.
- If air conditioning is not available in your home go to a cooling center.
- Drink plenty of fluids to stay hydrated.
- Wear loose, lightweight, light-colored clothing.

For more tips, visit: [ready.gov](https://www.ready.gov)

WILDFIRES:

As summer sets in, it's important to be prepared for wildfires. Stay safe with these tips:


- Recognize Warnings and Alerts -- Pay attention to air quality alerts.
- Make an Emergency Plan
- Review Important Documents
- Strengthen your Home -- use fire-resistant materials to build, renovate or make repairs.
- Know your Evacuation Zone
- Gather Supplies -- have enough supplies for your household, including a first aid kit, in your go bag or car trunk.


For more tips, visit: [ready.gov/wildfires](https://www.ready.gov/wildfires)



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 Tuolumne County Public Health
2011 Cedar Road North
Sonora, CA 95370

 (209) 533-7401 - Main Line



Click [HERE](#) to visit the Public Health website or follow us on social media at:



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COVID-19 Update

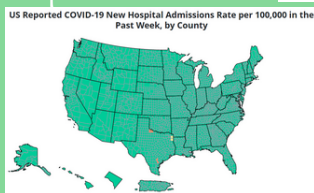
As COVID still circulates, it is highly recommended for everyone to continue to have a COVID-19 plan. Individuals should continue to get vaccinated and boosted and test if they're sick. If you test positive, ask your healthcare provider right away about available treatments. Learn more here: <http://covid19.ca.gov>.

Antigen Over-the-Counter tests are available for pick-up at the Public Health Department and other community locations. [Click here for more info on testing](#) or call us at 209-533-7401.

Sesame Care is a free telehealth service available to Californians ages 12 and up to assist in receiving oral antivirals. This service is only to be used if you have a positive Covid-19 test AND have symptoms. Medicines may be mailed to a physical address or picked up at a pharmacy.

Our COVID web page is still live and can be found [HERE](#).

Reporting Update: The CDC has discontinued its Community Levels reporting system. Please check the [Data Tracker](#) for updated info and [maps](#).



National HIV Testing Day

National HIV Testing Day (NHTD) is observed each year on June 27 to highlight the importance of HIV testing. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care, and more often if you do things that might increase your risk for getting HIV.

Knowing your HIV status gives you the power to take control of your health. The only way to know your status is to get tested. HIV testing is free, easy, fast, and confidential.

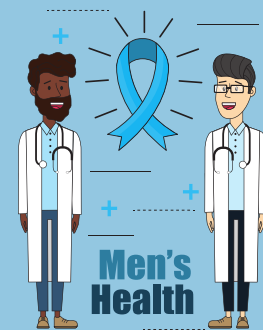
To find a testing site and for more info on HIV, please visit: [National HIV Testing Day 2023](#)

Men's Health Month

Throughout June, Men's Health Month aims to encourage boys and men to take charge of their overall health by implementing healthy living decisions.

It's important to get regular check-ups, maintain a healthy diet, and exercise regularly.

For more information on Men's Health Month, please visit: menshealthmonth.org.



High-Risk Substance Use Among Youth

High-risk substance use is any use by adolescents of substances with a high risk of adverse outcomes (i.e., injury, criminal justice involvement, school dropout, loss of life).

This includes:

- misuse of prescription drugs
- use of illicit drugs (i.e., cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy)
- use of injection drugs which have a high risk of infection of blood-borne diseases such as HIV and hepatitis.

Youth with substance use disorders experience higher rates of physical and mental illnesses, diminished overall health and well-being, and potential progression to addiction. We can take steps to prevent adolescent drug use that will help them stay healthier for decades to come and perform better in school.

Resources on High-Risk Substance Abuse Among Youth:
[CDC](#)

[Tuolumne County Behavioral Health](#)
[YES Partnership](#)

West Nile virus is the most common and serious vector-borne disease in California.

[Click HERE for more information!](#)