Date: July 02, 2021
From: Plumas County Public Health Agency

Dear student,

Plumas County Public Health welcomes you to Quincy, a terrific place to attend school, get your education, and participate in a myriad of extra-curricular activities. Though we are located in rural California, we have not escaped the COVID-19 pandemic. Much has changed and like all county health departments, keeping students healthy and preventing outbreaks of COVID-19 are a top priority.

Due to widespread testing, the safe behaviors of students, and the hard work of the infection prevention team, FRC had just a hand full of cases and no significant outbreaks of COVID-19 last year. However, there were still students and faculty affected by the virus resulting in missed classes, athletic events, and work.

This year the key is vaccination. In a perfect situation, our goal would be to have close to 100% of students and faculty to be vaccinated both to prevent COVID-19 outbreaks on campus and in the community. This would help to prevent the need for weekly COVID-19 testing (i.e. athletics) as well as the need to quarantine in the event one is exposed to a positive COVID-19 case. Additional benefits are that vaccination is much safer than taking the risk of getting COVID-19 with the possibility of long-term side effects or even hospitalization. For key considerations, kindly refer to the end of this letter.

Ideally all students planning to attend FRC in the fall will have received all doses of an FDA authorized COVID-19 vaccine at least 2 weeks prior to reporting to the college. For any students who are not fully vaccinated on arrival, Plumas County Public Health and FRC will provide information on where students can find a COVID-19 vaccine in the area. If you have any COVID-19 related questions, please check out our website at https://www.plumascounty.us/2839/COVID-19-Home or contact us at COVID19@countyofplumas.com.

We look forward to your arrival in our beautiful mountain community. Please help us keep our community healthy and safe for residents and visitors.

Best,

Plumas County COVID-19 Response Team
Key Considerations for the COVID-19 Vaccine:

- Vaccines are safe and effective.
  - Although a sore arm or low-grade fever sometimes occurs after immunization, all 3 of the available vaccines reduce a person’s chances of getting COVID-19 by more than 90% and of dying from it by over 99%.
  - The current vaccines continue to be effective against the delta and other new strains of the COVID-19 virus.
  - Side effects like myocarditis are much rarer in people who received the vaccine than in those who get COVID-19. (ed. 2.3% of college athletes who get COVID-19 have an episode of at least mild myocarditis.)
    - [https://www.jwatch.org/na53704/2021/06/04/covid-19-myocarditis-athletes](https://www.jwatch.org/na53704/2021/06/04/covid-19-myocarditis-athletes)

- Although unusual, college students have died from COVID-19. COVID-19 vaccines are nearly 100% effective in preventing serious illness or death.

- College students can unknowingly take COVID-19 home to their roommates, friends, and families. Some of these people may be at risk of more severe disease, hospitalization, or death from COVID-19. Getting vaccinated prevents that.

- Outbreaks on campus can close down the campus and force distance learning and abandonment of extra-curricular activities.

- People living on-campus or sharing off-campus housing are particularly vulnerable to outbreaks of COVID-19 making vaccination particularly important.

- Long-COVID syndrome is real. Some young people who get COVID-19 have long-term side effects like daily fatigue, headaches, and brain fog which lasts months if not years. All of these are prevented when a person doesn’t get COVID-19 at all because they were vaccinated.

- We are monitoring positive cases in our county for Variants of Concern (VOC) and we do have the Delta variant in the county which is known to be more transmissible than some of the others. The approved vaccines have been shown to decrease the chances of contracting the disease and can decrease hospitalizations if COVID-19 is contracted.

- For those who are interested in the welfare of our communities and country as a whole, COVID-19 vaccination is the best way to help us defeat the emerging variant strains and get fully back to “business as usual” (without masks and other impediments to a free and open society).