

**COUNTY OF LAKE**  
**Health Services Department**  
**Public Health Division**  
922 Bevins Court  
Lakeport, California 95453-9739  
Telephone 707/263-1090  
FAX 707/263-4395



Carol J. Huchingson  
*Interim Health Services Director*

Gary Pace, MD, MPH  
*Public Health Officer*

Eileen VanCleave  
*Public Health Nursing Director*

Iyesha Miller  
*Public Health Program Manager*

**FOR IMMEDIATE RELEASE**  
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**Contact: MHOAC Team**  
**707-263-8174**

### **Steps to Find COVID-19 Testing in Lake County Communities**

*Please Reserve Lake County's Emergency Departments for Those Needing Immediate Care!*

*"Please remember, we are a small, rural County, and we have limited intensive care and emergency medicine resources. The limited staffed beds and other resources we have must be reserved for those in medical distress; those in need of immediate care. Use of these resources for other purposes, like routine COVID-19 testing for people with only mild symptoms, extends wait times, and delays care for those in the greatest need."*

*--Gary Pace, MD, MPH*

**Lake County, CA (January 7, 2022)** — The Health Services Department has been made aware local Emergency Departments have recently seen an increase in patients seeking non-emergent medical services. Some people with mild symptoms that can be associated with COVID-19 are continuing to utilize local Emergency Rooms for COVID testing. Others have sought vaccination at our hospitals. Different, more appropriate, local resources are available to meet these needs.

"Please remember, we are a small, rural County, and we have limited intensive care and emergency medicine resources," emphasizes Lake County's Interim Public Health Officer, Gary Pace, MD, MPH.

"The limited staffed beds and other resources we have must be reserved for those in medical distress; those in need of immediate care. Use of these resources for other purposes, like routine COVID-19 testing for people with only mild symptoms, extends wait times, and delays care for those in the greatest need."

"People with mild symptoms should contact their medical providers and nursing advice lines, rather than going straight to the emergency room," continues Pace. "If you are in need of immediate medical care, go to the ER. If you are mildly ill, use other resources."

If you have symptoms, or believe you may have been exposed to COVID-19, accessing testing is very important. Here are some answers to Frequently Asked Questions that can help you access appropriate resources to fit your situation.

#### **What testing types are available? How long does it take to get results?**

- **PCR (Polymerase Chain Reaction)** tests are sent out for analysis, and results are typically available in 24-48 hours. Considered a bit more accurate, PCR tests can show a positive result long after someone is actually contagious.
- **Antigen (or Rapid)** tests are much more available now, and provide results in 15 minutes. Rapid testing offers a pretty reliable indication of whether someone is actually contagious.

#### **Where should I go if I need COVID-19 testing or vaccination?**

Visit <http://health.co.lake.ca.us/Coronavirus/Vaccines.htm> and <http://health.co.lake.ca.us/Coronavirus/Testing.htm> to learn more about vaccination and testing resources available in Lake County.

Testing is generally available from the following sources:

- OptumServe's Mobile Van (PCR)
- Clinics and Pharmacies around the Lake (PCR and some rapid/antigen resources)
- Sites that provide vaccination (*these typically have rapid testing available*)
- Schools (*contact your school for information*)
- Non-profits: Several shipments of antigen tests have been delivered to local non-profits (churches, food banks, senior centers, etc.) to use to help people access testing. Check with groups in your community, and if they don't have any and want some, please call the Health Services Department's MHOAC line, 707-263-8174.

Please avoid going to the Emergency room unless you need the specialized care they offer. Testing is better accessed out in the community.

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*NOTE: Current testing resources available in Lake County can also be accessed using the below QR Code.*

