

# 2023 – 2024

## Annual Report



## Plumas County Public Health Agency

GROWING HEALTHY COMMUNITIES





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# Introduction

In recent years, we've faced challenges that have tested our resilience. Yet, here in Plumas County, we are picking up the pieces and rebuilding in a way that makes us stronger. The lessons we've gathered are shaping our actions, helping us to enhance the health and vitality of this community we all hold dear.

A heartfelt thank you goes out to everyone in Plumas County. Your unwavering support is the cornerstone of our efforts, propelling us to greater heights in providing essential health services and enriching the lives of our community members.

This report serves multiple purposes. It is not only a crucial recap of our annual milestones but also a comprehensive guide to who we are, what we do, and how we're committed to elevating the well-being of our community.

Thank You!

Figure 1. Plumas County Lake Basin Recreation Area





# Vision And Mission

## Vision

Plumas County is home to the healthiest and happiest people in the nation, who have strong social connections and work together for a better community.

## Mission

The mission of the Plumas County Public Health Agency is to promote and protect individual and community health and well-being. We do this through innovative partnerships, public planning and policy, and ensuring access to respectful services.

Figure 2. PCPHA Building  
Courthouse Annex  
270 County Hospital Road, Quincy, CA





# Message from Public Health Director

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**NICOLE REINERT, MPH**

DIRECTOR PLUMAS COUNTY PUBLIC HEALTH AGENCY

It is an honor to present the Plumas County Public Health Agency 2023 Annual Report. This report reflects another year of hard work and dedication of the entire public health team and the innovative partnerships that have supported the programs and services provided over the past year to facilitate better health for all.

After the federal Public Health Emergency for COVID-19 expired on May 11, 2023, we have begun to recover and rebuild our systems to address the disparities the pandemic brought to light. One focus this year has been on increasing access to healthcare services for underserved populations who may not have access to quality healthcare. Through partnerships with local clinics and community organizations, we have been able to connect more individuals with the specialty care they need.

The work of public health continues to require current scientific knowledge, collaboration with diverse partners, and engagement of the community. Through this framework, the completion of the 2023 Community Health Improvement Plan (CHIP) was published which serves as a road map to promote and protect the health of Plumas County residents, and set priorities to address root causes of health inequities. We are committed to serving our community with these tools to ensure Plumas County is a healthy and happy place to live, work, and play.

We hope our work reflects our gratitude for the opportunity to serve our Plumas County residents and offers optimism for good health. I look forward to building upon the strong public health foundation that has been laid by the dedicated previous public health directors.

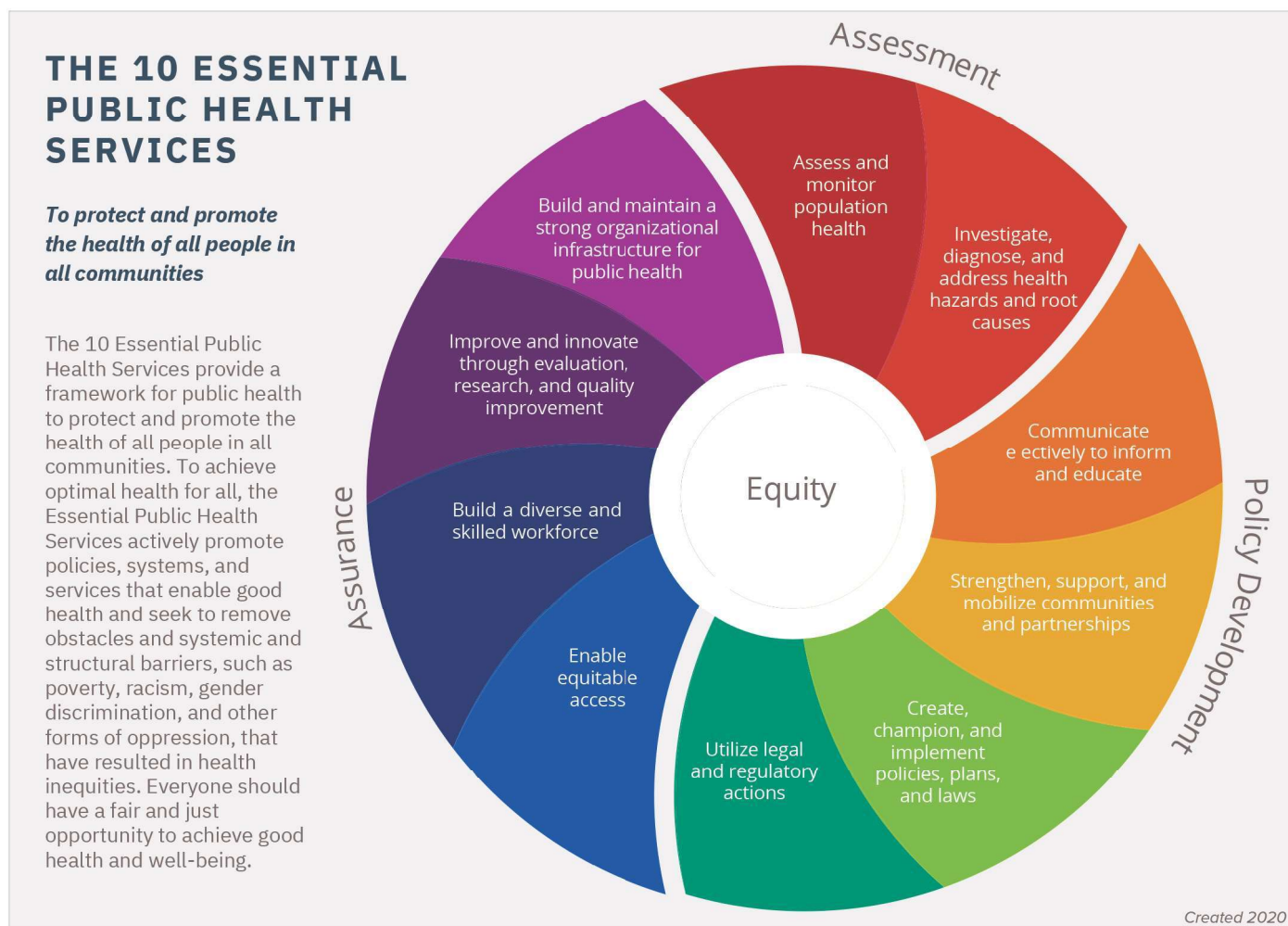
Sincerely,

A handwritten signature in black ink that reads "N Reinert".

Nicole Reinert, MPH  
Director of Plumas County Public Health Agency

# What is Public Health?

Public health systems are commonly defined as “all public, private, and voluntary entities that contribute to the delivery of essential public health services within a jurisdiction.”



**Figure 3.** Quote & The 10 Essential Public Health Services, 2020, PDF. Courtesy of the Public Health Accreditation Board (PHAB).

The Plumas County Public Health Agency is a cornerstone in the expansive network that makes up Plumas County's public health system. This network involves healthcare providers, emergency services, community organizations, educational institutions, policy shapers, and our community. Through collaborative efforts, we aim to establish a continuum of care and intervention to resolve immediate health concerns and build a resilient, thriving community.





# Our Role in the Public Health System

## The Plumas County Public Health Agency in Context

### **1. Monitor Community Health:**

Our diversified programs continuously gather and analyze data to pinpoint the specific needs and assets within Plumas County.

### **2. Address Health Concerns:**

We investigate and assess the broader implications of community challenges, such as the Dixie Fire and COVID-19, to inform targeted public health interventions.

### **3. Educate and Inform:**

Utilizing tools like this report and our online platforms, we disseminate vital information in an accessible and easily understandable format.

### **4. Strengthen Communities:**

Collaborating with schools and local organizations, we actively participate in events that promote health and social cohesion, from skate nights to senior lunches to flu vaccination clinics.

### **5. Policy Implementation:**

Our agency adheres to best practices and develops policies that aim to elevate the quality of the public health services we provide.

### **6. Navigate Health Regulations:**

Our staff is dedicated to understanding the laws and guidelines shaping healthcare and ensuring our services are effective and compliant.

### **7. Equitable Access:**

We strive to make services accessible to everyone by organizing vaccine clinics, mobile outreach services, outreach days, home visiting nurses in underserved areas, and maintaining a public phone line and walk-in office.

### **8. Workforce Development:**

Diversity enriches our perspective. We are proud to have a multilingual staff that can assist residents who might otherwise face barriers to healthcare.

### **9. Continuous Improvement:**

Commitment to up-to-date information and ongoing evaluation ensures our agency is ever evolving, adapting, and enhancing its services.

### **10. Organizational Resilience:**

Our long-standing tradition of community engagement through public releases signifies not just our transparency, but also our unwavering commitment to Plumas County's health and well-being.



# ACCREDITATION

Plumas County Public Health Agency was awarded national public health accreditation status by the Public Health Accreditation Board (PHAB) in 2018.

Plumas County became the 13th local health department awarded PHAB recognition in California.

## Public Health Accreditation What is It?

- Measurement of Performance
- Recognition of Achievement
- Continual Development of Standards



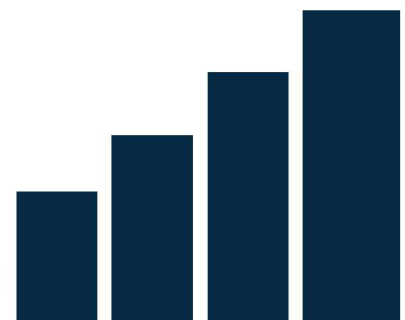
## Purpose of Accreditation

- Accreditation demonstrates the capacity of the public health department to deliver the three core functions and the ten essential services of public health.



## Accreditation looks at:

- Leadership
- Planning
- Community engagement
- Customer focus
- Workforce development
- Evaluation and quality improvement
- Governance



# ACCREDITATION

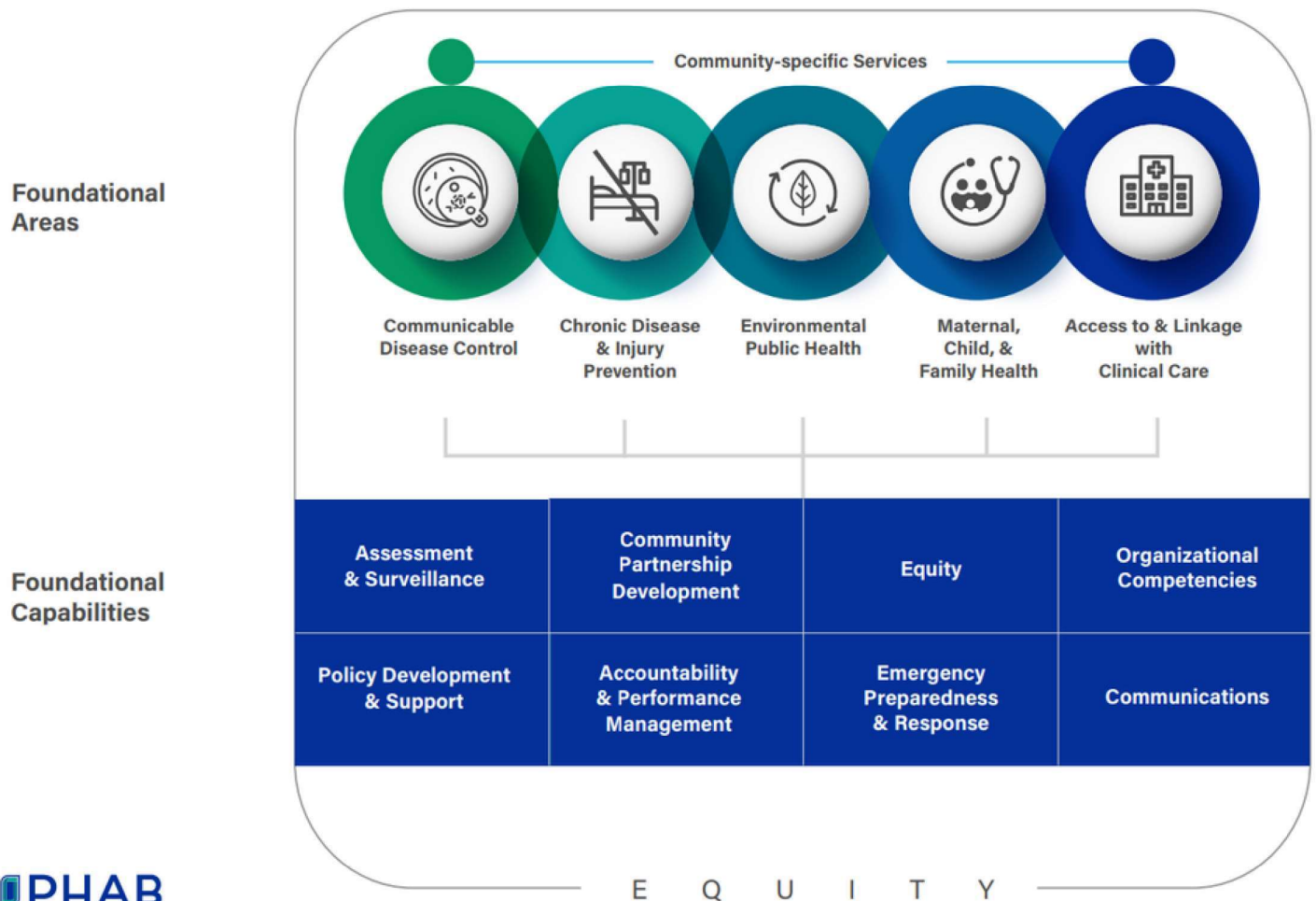
The Foundational Public Health Services (FPHS) framework defines a minimum set of capabilities and areas that must be available in every community. The framework is comprised of eight (8) public health infrastructure foundational capabilities and five (5) public health programs or foundational areas.

Foundational Capabilities are the cross-cutting skills and capacities needed to support basic public health protections, programs, and activities key to ensuring community health, well-being and achieving equitable outcomes.

Foundational Areas are public health programs and services aimed at improving the health of the community affected by certain diseases or public health threats. These areas reflect the minimum level of service that should be available in all communities. To promote accountability, the standards designate which measures correspond to the foundational capabilities in the FPHS framework.

To achieve and maintain accreditation status our agency needs to demonstrate conformity with these Foundational Capability Measures.

## Foundational Public Health Services



**Figure 4.** Foundational Public Health Services - Courtesy of the Public Health Accreditation Board (PHAB).





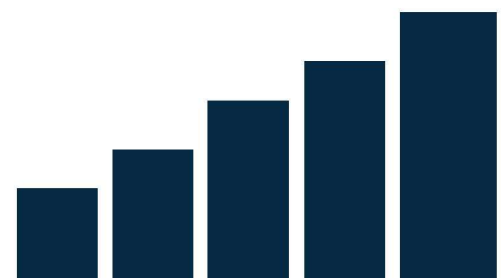
# RE - ACCREDITATION

Plumas County Public Health Agency is working toward re-accreditation. The Public Health Accreditation Board (PHAB) reviews documents, procedures, statistics, and reports that reflect PCPHA's current public health priorities and trends and vetted best practices.

PCPHA implemented new software to aid in the re-accreditation process. The Clear Impact database simplifies the documentation and accreditation process to make accreditation more accessible. Clear Impact provides an accreditation documentation tool to help public health agencies simplify and expedite the documentation process to become accredited and re-accredited more quickly. The tool helps in three main ways:

1. Transforms the PHAB Standards & Measures guidance into a more navigable format so that agencies can quickly find the information they need to create their documents.
2. Allows agencies to create their PHAB documentation within the system, with guidance readily available.
3. Allows agencies to organize their documentation by Domain, Standard, and Measure.
4. Allows multiple users to collaborate on the creation of documentation.

## Re-Accreditation Timeline



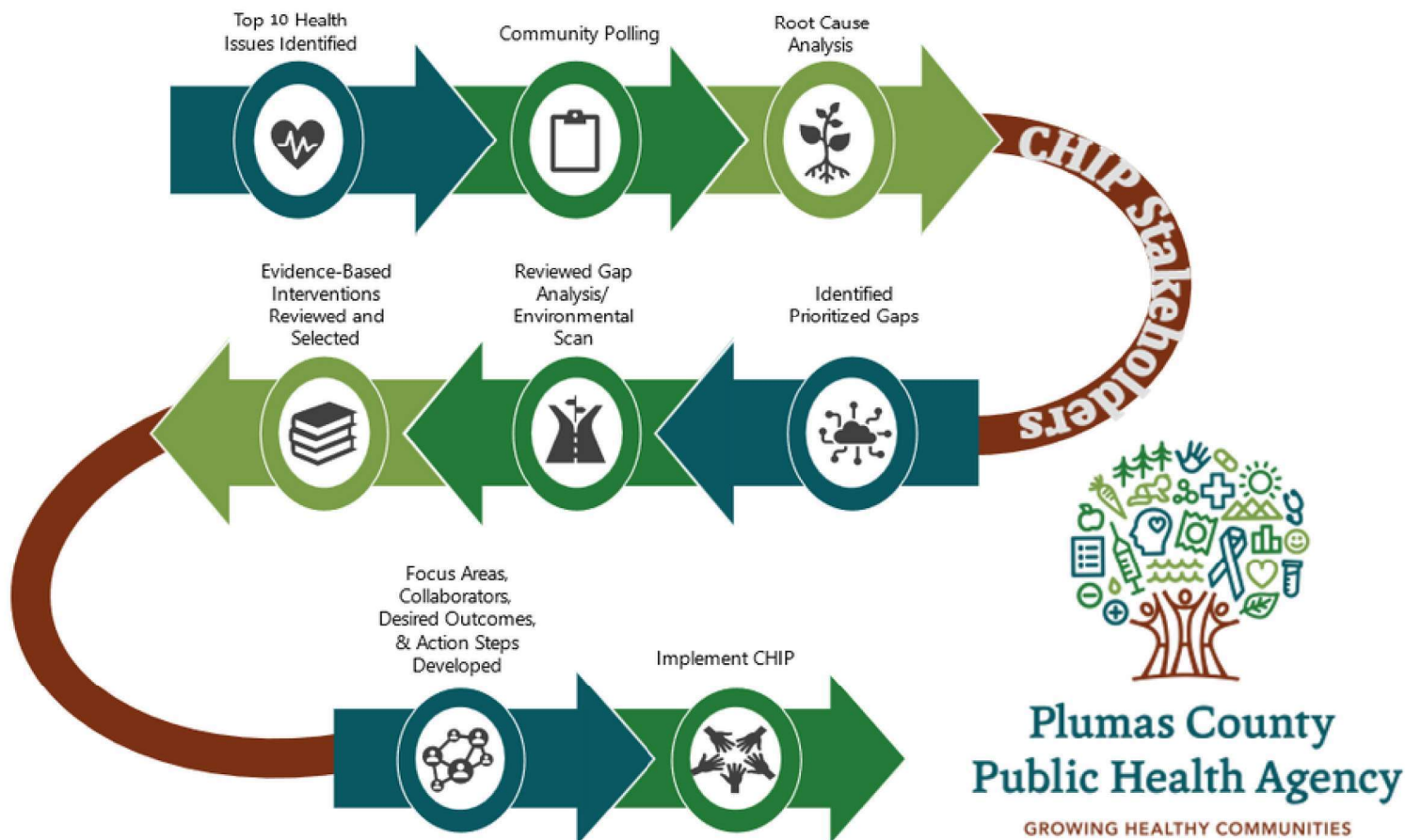


# Community Health Improvement Plan (CHIP) 2023-2028

The Community Health Improvement Plan (CHIP) is an action-oriented guide for improving population health and enhancing equality. Plumas County Public Health Agency conducted a comprehensive evaluation of community health needs. The CHIP is the result of a broad-based, data-driven collaborative process involving input from citizens across the county and partner organizations representing healthcare, non-profit organizations, public schools, and county government.

The resulting plan focuses on concrete actions to address the community's top health concerns by closing gaps in services through interventions delivered in the home, in the community or in the healthcare.

## 2023 Plumas County Health Improvement Plan Process





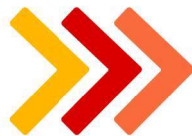
# Community Health Improvement Plan (CHIP) 2023-2028

The community health needs assessment involved analyzing health and community data to identify the top 10 community health issues affecting Plumas County.

The top 10 health issues were taken to the community, feedback and community input were gathered. This process identified the top 3 health issues in Plumas County. After analyzing the top 3 health issues, potential root causes were identified.

This document is a tool that can be used by any community partner as a roadmap to work on health issues in Plumas County and to justify funding requests for projects. Here at Public Health, we have already started aligning our work to reflect these priorities and requesting funding to utilize and sustain the evidence-based interventions noted in the CHIP.

## Top 10 Health Issues



## Top 3 Health Issues



## Root Causes Selected







# Programs & Services

## **CALIFORNIA CHILDREN'S SERVICES**

This program offers a range of services for children under 21 years, who have specific medical conditions. We handle service requests for families to determine if they qualify. Once eligibility is confirmed, we assist with case management, referrals, and help in obtaining specialized equipment and medications.

## **CHILD HEALTH AND DISABILITY PROGRAM (CHDP)**

The CHDP program helps kids and teens with Medi-Cal get health check-ups and the care they need. Our job is to make sure they are healthy and well. We do a lot of helpful things for our community like making better health plans, checking on our work, and guiding families to the right health services.

We share health tips, find good doctors for people, ensure everyone gets quality care, and assist with things like getting to appointments. We also help with paperwork to help families continue their health care.

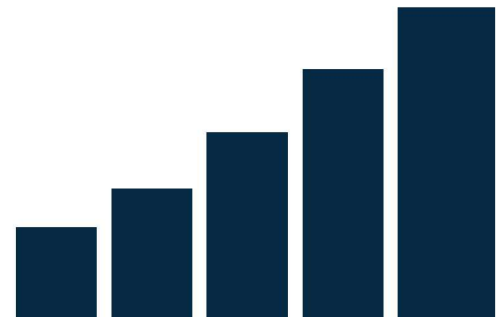
Part of our work is looking after the Health Care Program for Children in Foster Care. We make sure that kids and teens in foster care receive excellent health services. We inform families about our programs to help more children stay healthy. We also educate our community about preventing health problems before they start.

## **CHRONIC DISEASE AND INJURY PREVENTION**

This program aims to mitigate the impact of chronic diseases and injuries. Our team collaborates with various sectors, including healthcare providers, government agencies, schools, law enforcement, and community partners, to address root causes and environmental factors contributing to chronic diseases and injuries.

## **COMMUNICABLE DISEASE CONTROL & PREVENTION**

This division focuses on reducing the spread of preventable communicable diseases through a variety of methods. These include clinical services, surveillance, and case management. Our team of public health nurses, investigators, and community workers actively follow up on cases to minimize disease spread. We also educate the community and conduct outreach activities. Our public health clinics offer services like tuberculosis screening, immunizations, and some treatments for sexually transmitted diseases, all aimed at safeguarding community health.





# HARM REDUCTION

The Harm Reduction Program actively promotes community well-being by providing key services and supplies to prevent harm and foster health. From confidential HCV/HIV testing to distributing Narcan and clean needles, our program is a crucial support system for those in need. We ensure safe sharps disposal, offer hygiene kits for personal care, and assist with smoking cessation efforts and pregnancy testing.

Our outreach initiatives in 2023 have included a significant presence at the High Sierra Music Festival and the Plumas-Sierra County Fair, where we provided educational materials and harm-reduction supplies and engaged the community in our health initiatives. Additionally, we are reinvigorating the Northern Sierra Opioid Safety Coalition with a scheduled meeting to continue our collaborative efforts against opioid misuse. Accessibility is a priority, evidenced by our HAVEN Machines strategically placed across four communities, offering Narcan, testing strips, and more to support health and safety countywide.



**Figure 5.** Harm Reduction Mobile Outreach Van

## 2023 PROGRAM STATS

- Harm Reduction: Total Narcan Dispersed at PH 276,
- SSP: 33,000 Used Sharps were disposed of and 11,000 clean sharps were dispersed to participants
- Overdose reversals: 18
- Overdose fatalities: 3
- HSMF: Educated roughly 1100 festival goers, 216 Narcan's were dispersed, 1 OD Reversal with Narcan was reported.
- Vending Machines: Only have until March 2023 data as we have had technical issues until recently.
- Quincy Wellness: 90 encounters
- Chester Wellness: 62 Encounters
- Crescent Mills: 106 encounters
- Testing Totals: 63 HCV Tests & HIV tests
- Narcan Trainings (amount of training & attendance):
- 37 Public Trainings, 160 people total



**Figure 6.** High Sierra Music Festival 2023

Nicole Reinert - Director

Christopher Rouse - Health Education Specialist

Danielle Blust - Health Education Specialist



# HARM REDUCTION CONTINUED

## NEED SERVICES?

**Direct Line Harm Reduction**  
**Phone: Call or Text (530) 927-8142**

**Home-based services are available,**  
**please call or text (530) 927-8142.**

**Visit our website for Mobile Outreach**  
**schedule and locations**  
<https://www.plumascounty.us/3003/Harm-Reduction>

### Services provided:

- HCV/HIV testing
- Narcan (opioid reversal)
- Clean needle exchange and sharps disposal
- Hygiene kits
- Pregnancy tests
- Smoking cessation aids
- Other harm-reduction supplies

### HAVEN vending machine locations:

**Plumas County Public Health**  
270 County Hospital Rd. Suite 206  
Quincy, CA. 95971

**Quincy Wellness Center**  
455 Main St.  
Quincy, CA. 95971

**Portola Wellness Center**  
280 E. Sierra Ave.  
Portola, CA. 96122

**Chester Wellness Center**  
372 Main St.  
Chester, CA. 96020



**All services  
are confidential!**



**Figure 7.** Harm Reduction HAVEN Machine

## HEALTH ASSESSMENT AND EPIDEMIOLOGY

This program ensures that comprehensive health data is available for Plumas County's population, aiding in public health assessment, policy development, and program planning. It oversees the Plumas County Health Survey, which gathers data on health conditions, behaviors, and healthcare access from a representative sample of residents. The division also handles the collection and processing of birth and death data.

## MATERNAL, CHILD, AND ADOLESCENT HEALTH

This program focuses on the health and well-being of infants, children, adolescents, and mothers in Plumas County. It is responsible for planning, implementing, and evaluating services that address their primary health needs. The team includes a multidisciplinary group of physicians, public health nurses, and support staff.



## LEAD POISONING PREVENTION

This program focuses on screening and managing cases of children with elevated lead levels. We offer free lead screenings for children under the age of 6. If lead is detected, we initiate case management and coordinate with the child's primary physician.

In instances where a state case is identified, we collaborate with the State to conduct environmental testing in the home and educate parents on reducing exposure to keep their children lead-free.



**Figure 8. Job Fair Feather River College**

Maryanne Kokes - Community Outreach Coordinator  
Daniela Aguilar-Flores - Community Outreach Coordinator

**Figure 9. High Sierra Music Festival 2023**

Nicole Reinert - Director  
Christopher Rouse - Health Education Specialist  
Danielle Blust - Health Education Specialist



# HIV + AIDS

## CARE & TREATMENT

Plumas County leads a five-county system focused on HIV care. The Mountain Counties HIV/AIDS and Ryan White programs aim to ensure quality medical care and support services are accessible. The division manages various funding sources to support disease surveillance, prevention, and control efforts.

Our Public Health Clinic offers confidential HIV testing, counseling, case management, and care & treatment. Services are available at no or low cost and include pre-test counseling, risk assessment, education, and post-test counseling.

Services include Medical Care, such as treatment, pharmaceutical assistance, oral health care, outpatient / ambulatory health services, and substance abuse outpatient care. The program also provides support services, which include emergency financial assistance, a food bank, housing assistance, medical transportation, medical case management, and health education/risk reduction.

Because of the wrap-around services and the specialty medical care provided through our quarterly clinics, 92% of Ryan White participants have achieved continued viral load suppression.

### **HIV Awareness:**

U=U Undetectable viral load means HIV is Untransmutable

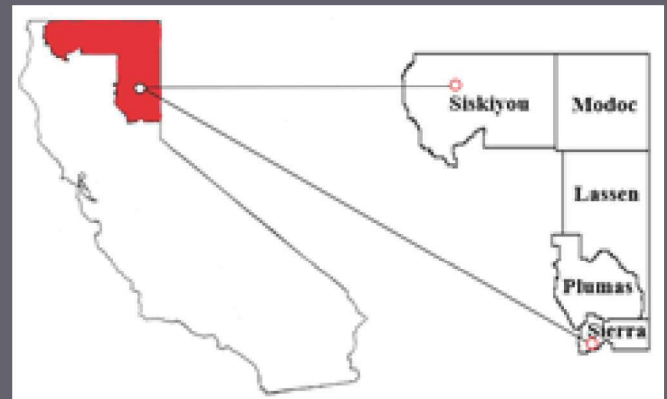
### **Undetectable = Untransmutable**

If your viral load is undetectable, it means you can't pass HIV to others

### **SERVING 5 COUNTIES**

Plumas, Sierra, Lassen, Modoc and Siskiyou

The Mountain Counties HIV/AIDS Care and Treatment Programs provide the bridge between primary and specialty care, community support, education, and prevention programs.



**January 1, 2023 – June 30, 2024**

**67 clients enrolled; a total of 1,538 services were provided**

**88% of clients served are under the Federal Poverty Line**

**92% of clients received assistance with medical insurance enrollment**

**100% of clients received medical case management services**

**20 clients received housing assistance, and 33 received housing subsidy assistance**

**12 clients received oral health services, including 2 specialty surgeries**

# EMERGENCY PREPAREDNESS OFFICE (EPO)

The Emergency Preparedness Office (EPO) in Plumas County Public Health Agency plays a crucial role in safeguarding the health and welfare of its residents and visitors. With a mission deeply rooted in collaboration, EPO works alongside the county's Office of Emergency Services and the healthcare community to mitigate, prepare, and respond to natural or man-made disasters. This involves comprehensive program activities such as the Statewide Medical and Health Exercise, designed to test and enhance the response capabilities of healthcare system including public health. Additionally, the EPO coordinates with clinic staff to provide free flu vaccinations across the county, including in schools, as part of public health's preventive health measures.

A key component of the EPO's work is the coordination of the Plumas County Health Care Coalition (HCC), which addresses emergency preparedness, response, and recovery issues. The Regional HCC extends this effort to a three-county collaborative involving Lassen, Plumas, and Sierra counties. EPO also coordinates with the county's Emergency Medical Care Committee, further integrating its emergency response strategies.



**Figure 10.**  
Tina Venable  
Director of Nursing  
Full-Scale Active Shooter Exercise  
Quincy High School

## ACTIVE SHOOTER FULL SCALE EXERCISE: STRENGTHENING RESPONSE CAPABILITIES

A testament to the EPO's commitment to preparedness was the Active Shooter Full Scale Exercise conducted on November 1, 2023, at Quincy Jr/Sr High School. This exercise was a crucial step in preparing first responders and school staff for potential crises. It involved over 70 participants, 20 support staff, and 30 role players, including local law enforcement, emergency medical services, fire departments, and school staff. The exercise was successful, revealing both strengths and areas for improvement. The subsequent After-Action Report and Improvement Plan will further refine response strategies.

The exercise exemplified the dedication of Plumas County's first responders, schools, and emergency organizations to community safety. This ongoing coordination, training, and practicing are vital for the continued well-being of our community. We extend our gratitude to the Quincy Jr/Sr High School staff and students for their pivotal role in adding realism to the exercise, and to all participating agencies for their unwavering commitment to public safe



# YOUTH DEVELOPMENT & SUBSTANCE USE PREVENTION

## Plumas Youth Undivided

Plumas Youth Undivided, a youth-driven program tailored for 7th and 8th grade students, thrives on the synergy of youth-adult partnerships. It offers innovative, creative, and enjoyable activities, blending cognitive health education with physical exercises. Through hands-on workshops, games, and sports, the program ensures that students not only learn but also actively experience education, fostering their ability to analyze and reinforce key health concepts.

### Current Sessions for School Year 23/24

- Quincy Charter School (during P.E.): Tuesdays, 1:20 to 1:50 p.m.
- Quincy High School (Room 25, during Lunch): Thursdays, 12:10 to 12:40 p.m.

## Botvin LifeSkills Training

An integral component of our offerings, the Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program. It is designed to reduce the risks associated with alcohol, tobacco, drug abuse, and violence. Targeting major social and psychological factors, LST equips adolescents with the skills and confidence needed for challenging situations.

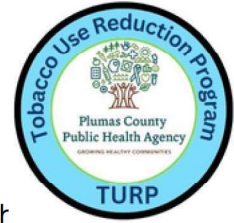
### LifeSkills Training Sessions

- Quincy Charter School (during 7/8 SEL): Tuesdays from 8:30 to 9:15 a.m.

Youth Development and Substance Use Prevention is committed to providing a dynamic and educational environment, empowering students to make informed choices and positively impact their community.

# TOBACCO USE REDUCTION PROGRAM

The Tobacco Use Reduction Program (TURP) has actively engaged with youth across Plumas County this year, hosting informative sessions at all four high schools to shed light on the harmful impacts of tobacco use. Our approach has been multifaceted: alongside school visits, we've organized town hall meetings to foster community-wide dialogue and launched our inaugural Youth Summit. This summit was a dedicated platform for young minds to brainstorm and lead the charge against tobacco's allure.



Participation in the California Youth Advocacy Network (CYAN) conference was particularly impactful. It was not only an educational trip but also an inspirational one that equipped our youth with powerful tools and knowledge to combat tobacco use in our communities.

These initiatives are not stand-alone events but part of an ongoing and annual commitment by TURP to create a sustained impact. By continually empowering our youth and involving the community, we are nurturing a resilient, health-forward environment that stands strong against tobacco's influence, now and into the future.



**Figure 11.** TURP educators and educational resources  
Regina Martinez - Health Education Specialist  
Daniela Aguilar-Flores - Community Outreach Coordinator



# CALFRESH

CalFresh, integral to Plumas County's wellness, extends beyond grocery financial aid, offering diverse, community-enriching events. Highlights include food preservation classes, community yoga, and cooking sessions at Rugged Roots Farm. These initiatives align with CalFresh's mission to encourage nutritious eating and active lifestyles.

Last winter, belly dancing classes and a bike obstacle course at the Children's Fair added excitement and physical activity to the community. Looking ahead, we're planning sustainable canning classes in Portola and Greenville to enjoy local produce year-round. Additionally, partnerships with Alternative Sentencing for Food Smarts Classes and school garden curriculums enable residents to take their wellness journey home.

Events are open to the public, with little or no eligibility requirements. CalFresh financial aid is for low-income individuals and families. For more information on CalFresh events and aid, visit our website.

## CalFresh Program

### Who is it for?

CalFresh is for people with low-income and want to add to their budget to put healthy nutritious food on the table.

CalFresh events are open to the public

### Get in Touch!

**(530) 283-6407**

**270 County Hospital Road, Quincy, CA**

**Monday through Friday 8 a.m. - 5 p.m.**

<https://www.plumascounty.us/2695/CalFresh>



**Figure 12.**

Instructor Leslie Wehrman informative class on Food Preservation. Portola, CA 2023



**Figure 13.**

Outreach and Education  
Christopher Rouse - Heath Education Specialist  
PCPHA booth at Rugged Roots Farm  
Pumpkin Patch



# ORAL HEALTH

Our Oral Health Program is dedicated to ensuring that the residents of Plumas County have access to vital dental care services. This initiative underscores the importance of oral hygiene as a key component of overall health. Through this program, we provide educational resources to schools and community groups, raising awareness about good oral hygiene practices and the impact of oral health on well-being.

Furthermore, we collaborate with local dental providers to facilitate access to preventive services and treatments, particularly for children and vulnerable populations. The program also includes direct outreach efforts such as dental screenings, fluoride varnish applications, and the distribution of dental care supplies to those in need. These activities collectively aim to reduce the incidence of dental disease in our community and promote a countywide culture of oral health maintenance.



## PROGRAM STATS:

- Dental screenings at 5 elementary schools and 5 preschools
- Out of 883 children
  - 416 received screenings
  - 303 received fluoride varnish
  - 164 referred for sealants



**Figure 14 & 15**

Marianne Kokes - Community Outreach Coordinator - Oral Health Tooth Fair visit to Portola HeadStart



# SENIOR CONNECTIONS

At Senior Connections, we are a comprehensive support network for seniors, their families, and caregivers in Plumas County. Our mission is to assist with a wide array of needs. We act as a resource, advocate, and, at times, a facilitator for anyone in the senior community seeking help. Whether it's assistance with meal delivery, transportation, grocery shopping, housing information, or resources outside the county, our team provides support and guidance.

Home visits, a cornerstone of our services, are conducted with Senior Nutrition, Senior Transportation, Veterans Services, Behavioral Health, In-Home Supportive Services (IHSS), Plumas Rural Service, Plumas Crisis Intervention Center, and many other County Service organizations. These visits, offering assessments and case management for home-bound seniors, are more than just check-ins; they connect seniors to an extensive support system.

As we look to the future, Senior Connections is excited to enhance our offerings with the upcoming "Senior Services Directory" on our new website. This directory will be invaluable for quickly finding the proper assistance and information. Moreover, we plan to restart the Senior Summit in 2025 and update our website to keep the community informed. Senior Connections is more than a program; it promises our senior population and their families that we are here to help with any need, big or small.

## GET IN TOUCH

**Joanne Danielson**

**(530) 283-6407**

**[joannedanielson@countyofplumas.com](mailto:joannedanielson@countyofplumas.com)**

**270 County Hospital Road, Quincy, CA**

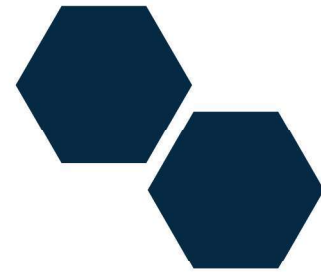
**Monday through Friday 8 a.m. - 5 p.m.**



**Figure 16.**

Joanne Danielson - Health Education Specialist  
Lucas - Trusty Companion





# SENIOR SERVICES

In Plumas County, Senior Services is committed to supporting our older residents. Our Nutrition Program, staffed by about 18 part-timers, offers meals at various sites and through home delivery for those unable to leave their homes. Open from 8:00 am to 1:00 pm, these meal spots are places of nourishment, learning, and friendship. Complementing this, our Transportation Program ensures seniors access essential services and social opportunities, including weekly local trips and monthly out-of-town shopping excursions. Notably, we've partnered with Plumas Transit for a weekly Reno trip that is open to all.

Our team, led by John, has been instrumental in expanding these services, even during challenging times like COVID-19 and the Dixie Fire. Their dedication is truly commendable. Last year, we distributed 65,136 meals, a substantial increase from the pre-COVID figure of around 45,000. Our transportation services have also seen a revival post-pandemic, with 3,963 rides given this year, up from just 1,400 at the height of COVID-19.

Remarkably, we've doubled our service output without increasing our staff count, a testament to our efficiency and dedication. This is crucial, considering that 32% of our population are seniors, the highest proportion in the state. With a budget of \$1.5 million sourced from various agencies beyond county contributions, we're well-equipped to continue enhancing the lives of our senior residents, keeping them healthy, happy, and connected.

## GET IN TOUCH

JOHN RIX

(530) 283-3546

[JOHNRIX@COUNTYOFPLUMAS.COM](mailto:JOHNRIX@COUNTYOFPLUMAS.COM)

## MEAL SITES

*LUNCH IS SERVED AT 12:00*

*OPEN FROM 8AM - 1PM*

**Chester Phone: (530) 394-7636**

Wildwood Village

366 Meadowbrook Loop

Chester, CA 96020

**Greenville Phone: (530) 283-6307 x1502**

**Portola Phone: (530) 832-4173**

Portola Veteran's Hall

449 West Sierra Street

Portola, CA 96122

**Quincy Phone: (530) 283-0643**

Quincy Veteran's Hall

274 Lawrence Street

Quincy, CA 95971

**\*Blairsden Phone: (530) 293-7172**

Mohawk Community Resource Center

8929 Highway 89

Blairsden, CA 96103

[mcrc96103@gmail.com](mailto:mcrc96103@gmail.com).

\*Portola Nutrition delivers to Mohawk Resource Center every Wednesday



Figure 17. Senior Nutrition Program Chefs

# VETERANS SERVICES



Plumas County Veterans Services Office (PCVSO) promotes the interest and welfare of county veterans, their dependents, and survivors by enhancing their quality of life through benefit counseling, education, benefit application assistance, and advocacy.

The office connects Veterans to their benefits by assisting in their interactions with the US Department of Veterans Affairs (VA) and the California Department of Veteran Affairs (CALVET) hoping to make the process easier and more effective when applying for benefits like VA Health Care, Compensation and Pension and Burial Expenses as well as CALVET care homes, and tuition waivers. The office also facilitates transportation of county veterans to the VA Sierra Nevada Health Care Reno NV for VA healthcare appointments and assistance utilizing the VA healthcare Community Care processing.

## GET IN TOUCH

Phone: (530) 283-6275

Email: [PCVets@countyofplumas.com](mailto:PCVets@countyofplumas.com)

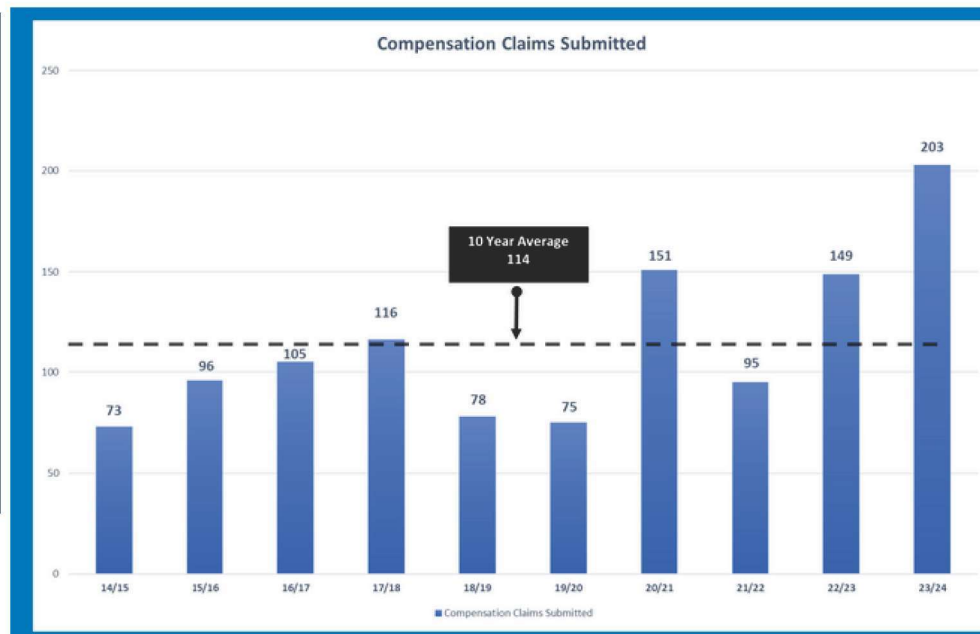
## During fiscal year 2023 to 2024 Veteran Services assistance claims resulted in:

- \$521,720 in retroactive compensation payments, a 37% increase over the prior ten-year average.
- \$75,924 in new monthly benefit payments, a 43% increase over the previous ten-year average.
- 203 compensation claims submitted, a 78% increase over the previous ten-year average. Of the claims submitted during his fiscal year 112 were veterans who were assisted for the first time.

Total new VBA compensation paid to county veterans or dependents for the fiscal year totaled \$1,432,808 a 40% increase over the previous ten-year average.



**Figure 18.**  
Michael Tortora,  
Veterans Service Representative  
Veterans Services booth  
Plumas County Fair



**Figure 19.**  
Total compensation claims submitted by year 2014-2024



# Bilingual Services



**Maricela Ramos**  
**Health Education Specialist**  
**Bilingual Services**  
**(530) 283-6162**  
**[maricelaramos@countyofplumas.com](mailto:maricelaramos@countyofplumas.com)**

Plumas County's Bilingual Services program plays an indispensable role in ensuring that our Hispanic or Latino community, making up *10.5% of our population*, has full access to healthcare services. Our dedicated team works tirelessly to bridge language barriers, making healthcare inclusive and accessible for all residents.

## **Oral Health: Active Engagement in the Community**

In the realm of oral health, our team has been particularly active. This year, we conducted 229 home visits for children and adults, focusing on oral health education. These visits often evolve into family-wide lessons, emphasizing the importance of oral hygiene for all ages. Collaborating with local dentists, we ensure families receive the necessary referrals for comprehensive dental care.

## **Lead Safety Education: A Preventive Approach**

Our commitment to lead safety education is evident in our home visit statistics, with 60 educational visits conducted in 2023. These visits play a crucial role in informing families about minimizing lead exposure, especially important in households where members work in environments with potential lead hazards.

## **Navigating MediCal with Expertise**

Navigating the complexities of MediCal is a significant aspect of our service. Over the last year, we have successfully assisted 28 families in acquiring MediCal insurance. Our team simplifies the process, handling paperwork and guiding families through the often-changing requirements, ensuring they receive the medical coverage they need.

## **Personalized Support and Future Goals**

We offer a range of personalized services, from vaccination support for school children to care for pregnant mothers and newborns. While we have achieved much, we continue to focus on enhancing bilingual services over the phone in hospitals and clinics. Our goal is to improve appointment scheduling and responses, and to expand the availability of nurse practitioners in women's health and family planning.

## **Our Ongoing Commitment**

The improvement and expansion of Bilingual Services remain a priority as we serve our diverse population. We are committed to ensuring that language does not hinder access to quality healthcare, and every resident of Plumas County, regardless of primary language, receives the necessary care and support.



**Figure 20.**  
Maricela Ramos, Health Education Specialist - Oral Health Home Visit



# Servicios Bilingües



**Maricela Ramos**  
**Health Education Specialist**  
**Bilingual Services**  
**(530) 283-6162**  
[maricelaramos@countyofplumas.com](mailto:maricelaramos@countyofplumas.com)

El programa de Servicios Bilingües del Condado de Plumas desempeña un papel indispensable en asegurar que nuestra comunidad hispana o latina, que representa el 10.5% de nuestra población, tenga acceso completo a los servicios de salud. Nuestro equipo dedicado trabaja incansablemente para superar las barreras del idioma, haciendo que la atención médica sea inclusiva y accesible para todos los residentes.

## **Salud Oral: Compromiso Activo con la Comunidad**

En el ámbito de la salud oral, nuestro equipo ha sido particularmente activo. Este año, realizamos 229 visitas domiciliarias para niños y para adultos, enfocándonos en la educación sobre salud oral. Estas visitas a menudo se convierten en lecciones para toda la familia, destacando la importancia de la higiene oral para todas las edades. En colaboración con dentistas locales, aseguramos que las familias reciban las referencias necesarias para una atención dental integral.

## **Educación sobre la Seguridad del Plomo: Un Enfoque Preventivo**

Nuestro compromiso con la educación sobre la seguridad del plomo es evidente en nuestras estadísticas de visitas domiciliarias, con 60 visitas educativas realizadas en 2023. Estas visitas son cruciales para informar a las familias sobre cómo minimizar la exposición al plomo, especialmente importante en hogares donde los miembros trabajan en entornos con posibles riesgos de plomo.

## **Navegación por MediCal con Experiencia**

Navegar por las complejidades de MediCal es un aspecto significativo de nuestro servicio. En el último año, hemos ayudado con éxito a 28 familias a adquirir el seguro MediCal. Nuestro equipo simplifica el proceso, manejando la documentación y guiando a las familias a través de los requisitos que a menudo cambian, asegurando que reciban la cobertura médica que necesitan.

## **Soporte Personalizado y Objetivos Futuros**

Ofrecemos una variedad de servicios personalizados, desde apoyo con vacunaciones para niños en edad escolar hasta cuidado para madres embarazadas y recién nacidos. Aunque hemos logrado mucho, continuamos enfocándonos en mejorar los servicios bilingües por teléfono en hospitales y clínicas. Nuestro objetivo es mejorar la programación de citas y las respuestas, y expandir la disponibilidad de enfermeras practicantes en salud femenina y planificación familiar.

## **Nuestro Compromiso Continuo**

La mejora y expansión de los Servicios Bilingües siguen siendo una prioridad mientras servimos a nuestra población diversa. Estamos comprometidos a asegurar que el idioma no sea un obstáculo para acceder a una atención médica de calidad, y que cada residente del Condado de Plumas, independientemente de su idioma principal, reciba la atención y el apoyo necesarios.



# 20,000 Lives

In Plumas County, the '20,000 Lives' program is a powerful testament to our unwavering dedication to enhancing community well-being. This comprehensive effort, with its array of services and initiatives, has significantly improved the health and quality of life of our residents, a feat we can all take pride in.

The Public Health Agency hosts 4 quarterly meetings annually, bringing together more than 20 organizations and 379 individuals. They included several county departments, law enforcement, education, mental and physical health care providers, non-profits, local hospitals, community members, and agencies from surrounding counties. The meetings have evolved into a committee structure based on subject matter. Weekly email chains and other communication and coordination to provide community information, events, program changes, and updates.

Community engagement is a dynamic, collaborative process involving working with groups of people to exchange knowledge and resources. Each partner brings different forms of value to the table. Building collaborative relationships goes beyond making referrals and requires engaging in partnerships that develop a shared understanding and common goal toward serving Plumas County residents. By focusing on these aspects the 20,000 Lives group has aided community agencies in effectively sharing clients and resources, leading to a more integrated approach to serving our community's needs.



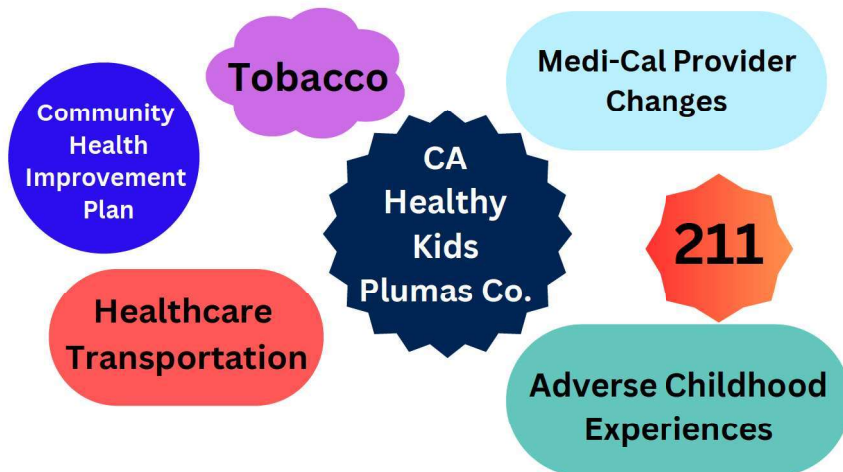
A coalition of active community members, organizations, businesses, and government agencies that collaborate to improve the quality of life in Plumas County through active work groups focused on addressing community needs.



# 20,000 Lives Continued

The "20,000 Lives" program reflects Plumas County's unwavering commitment to healthier futures. As we evolve and grow these initiatives, we welcome you to join us on this journey towards improved health and well-being. Together, we aim to positively impact the lives of 20,000 residents and beyond.

## Topics focused on this year....



## 20, 000 Lives Statistics

- 4 Quarterly in person community meetings per year
- 53 Weekly community update emails
- More than 20 organizations and 379 individuals participating in the 20,000 Lives program.

## Get in Touch!

For more information on our program or to get involved please email [20000Lives@CountyofPlumas.com](mailto:20000Lives@CountyofPlumas.com)



**Figure 21.** 20,000 Lives Winter Meeting 2023

Plumas County Public Health Agency



# Nursing & Clinical Services

Plumas County Public Health Agency's Nursing and Clinical Services are pivotal in offering comprehensive healthcare to our community. The Public Health Clinic aims to promote, protect, and assure conditions for optimal health for our community through disease prevention and management programs, education on healthy living, emergency preparedness, and program implementation. By providing these services and resources, we can protect the health of you, your family, and our community.

This year, we've focused on enhancing our services, ensuring accessible and quality care for every resident. Our range of services, includes immunizations, family planning, student health screenings, breastfeeding support, home visiting, and more, tailored to meet our community's diverse healthcare needs.

## Plumas County Public Health Agency Clinic Staff



**Figure 22. PCPHA Clinic Staff**

From left to right: Tina Venable - Director of Nursing, Elaine Azevedo - Office Supervisor, Rebecca Guy-White - RN, Jessica Ahmadia - LVN, Brittany Pass - Administrative Assistant, Jana McDowell - LVN, Kristin Brown - LVN, Lauren Davis - RN, Jacquie Cash - Office Assistant

## GET IN TOUCH

### PCPHA Clinic

**Phone: (530) 283-6330**

**Toll Free: (800) 801-6330**

270 County Hospital Road, Quincy, CA  
Monday through Friday 8 a.m. - 5 p.m.



**Figure 23.**  
Jessica  
Ahmadia  
Licensed  
Vocational  
Nurse II



# Nursing & Clinical Services

## **Immunizations: Focused on the Underserved**

Our immunization program targets disease prevention, especially for the underinsured or uninsured, ensuring essential vaccinations are accessible to those who might not otherwise have access due to insurance limitations.

## **Confidential STD Screenings and Treatments**

We provide confidential screenings and treatments for sexually transmitted diseases (STDs), crucial for maintaining individual and community health, offering necessary care discreetly and accessibly.

## **Empowering Family Planning Choices**

Our family planning services offer a variety of contraceptive options and counseling, empowering individuals and families to make informed health decisions.

## **Supporting Maternal Health and Family Wellness**

We're committed to maternal and child health, providing pregnancy testing and perinatal outreach. Our services also include hemoglobin checks for families on the Women, Infants, and Children (WIC) program, designed for families with financial needs and aligned with Medi-Cal guidelines.

## **Student Health Screenings at Feather River College**

In partnership with Feather River College, we conduct health screenings and nursing assessments for all students, demonstrating our dedication to the health of our youth.

## **Public Health Nursing: In-Home Care and Support**

Our Public Health Nursing services, offering home visits for new families, go beyond clinic-based care, delivering personalized care right where it's needed. More information on this service in the following section.

## **Lead Screening for Children and Adults**

A key service is our free lead screening for children 5 and under, conducted annually at Head Start and available for children in community settings like the Feather River College childcare center. We also offer lead screenings for adults, though these are provided for a fee, ensuring comprehensive health monitoring for our community.

## **Evolving for the Future**

Continually growing, we are committed to expanding and enhancing our Nursing and Clinical Services. Community feedback and participation help us adapt our services to meet Plumas County families' evolving health needs.



**Figure 24.** PCPHA Nurses, Jessica Ahmadia and Jana McDowell



# Nursing & Clinical Services

## NEW CLINIC SERVICES!

Plumas County Public Health Agency Clinic is excited to announce the return of several services, including family planning. Please contact our clinic office to schedule an appointment for the following services. PCPHA Clinic offers the below services in Greenville, Portola and Chester during the month.

**Services are by appointment only call 530-283-6330.**

### Clinical Services:

- Childhood Immunizations for qualifying children
- Adult Immunizations for qualifying Adults
- FRC student health visits including immunizations for qualifying Students
- Lead Testing
- Hemoglobin Testing
- Tuberculin skin test
- Flu Shots for all
- Medical Marijuana Identification Cards

### Family Pact Services: (All Program Eligible)

- Birth Control Methods such as The Pill, Mini Pill, Nexplanon, IUD, Depo, and The Ring.
- Annual Pap Smears
- STI/STD & HIV Testing
- Pregnancy testing, counseling, and referrals
- Emergency Contraceptive
- Referrals for Vasectomy's & Tubals
- Reproductive Health Issues

### Outreach Clinics:



**Lori Link**  
**Certified Nurse Midwife**  
**Plumas District Hospital**

#### Greenville

First Thursday of every month  
located at  
Indian Valley Medical Clinic  
176 Hot Springs Rd, Greenville, CA  
95947

#### Portola

Second Thursday of every month  
located at  
WIC Building  
171 Nevada Street, Portola, CA  
96122

#### Chester

Third Thursday of every month  
located at  
Almanor Rec. & Parks Building  
101 Meadowbrook Loop, Chester, CA  
96020

# Family First Home Visiting Program

In Plumas County, the Family First Home Visiting Program is a cornerstone of support, especially for high-risk families. This comprehensive program ensures that children have a solid foundation for their future, fostering strong community connections and keeping families informed about local events to maintain community engagement.

## **Comprehensive Early Intervention and Community Collaboration**

Our program emphasizes early intervention with regular home visits by trained professionals, focusing on developmental milestones and health issues. Over the past year, we completed 276 home visits and conducted 75 developmental screenings/assessments. Our collaboration with organizations like Head Start, WIC, and other public health initiatives ensures a holistic approach to family wellness.

### **Program Stats:**

- Conducted 47 infant massage classes for 17 mothers.
- Provided 166 breastfeeding support visits for 32 mothers, emphasizing the importance of early nutrition.
- Performed 38 nutritional assessments for 10 newborns.
- Completed 132 safe sleep assessments and provided education and materials to 29 families.
- Distributed 5 “Cribs for Kids” Pack ‘n Plays, ensuring safe sleeping environments.
- Offered 25 oral hygiene education sessions and materials to 15 families, along with 18 oral hygiene kits to 13 families.

### **Program Eligibility:**

- Pregnant, Postpartum or Early Parenting Families
- Free and Confidential
- No income qualification
- No transportation needed! Nurse visits at home or a location of your choice
- Prenatal/Birthing Education
- Newborn Care
- Breastfeeding Support.
- And much more!



**Figure 25.** PCPHA Nurses  
Jana McDowell and Terri Smith



# Family First Home Visiting Program Continued



## Strengthening Community Ties

Our community's unity is a fundamental strength. We've actively promoted our home visiting program through flyer distributions and referral forms at locations like WIC and Social Services. Client feedback has been overwhelmingly positive, encouraging more public advertising to broaden our program's reach.

## Future Focus: Adapting to Family Needs

Looking forward, we're committed to evolving our program to meet the changing needs of families in Plumas County. Recognizing the need for more coordinated outreach planning, we're addressing these challenges proactively. Continued client feedback and community participation are key in shaping the Family First Home Visiting Program into an enduring pillar of family support in our region.

## GET IN TOUCH

**PCPHA Clinic &  
Family First Home Visiting**

**(530) 283-6330**

270 County Hospital Road,  
Quincy, CA

Monday through Friday 8 a.m. - 5 p.m.

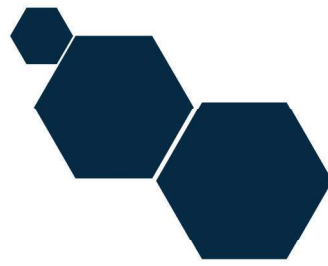


**Figure 26.** PCPHA Nurses  
Dorrie Philbeck and Jana McDowell



**Figure 27.** PCPHA Nurses Plumas Sierra Co. Fair  
Rock & Relax Baby Station  
Jana McDowell, Kristin Brown, Lauren Davis

# Administrative Services

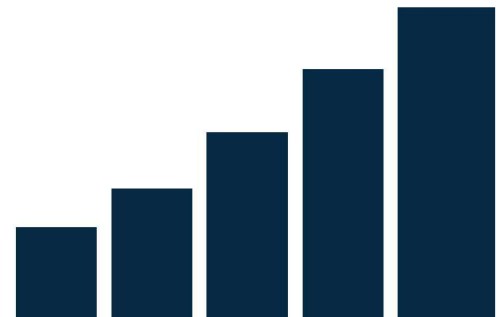


Public Health's Administrative Services Division is responsible for a wide variety of operations that aid in our Public Health Agency running smoothly. Regularly assigned responsibilities for the administrative Services staff include, processing payroll, reporting receipts and disbursements, submitting accounts payable, managing grants, maintaining personnel records, department contracts, front desk customer services and much more.



**Figure 28. PCPHA Administrative Services Staff**

From left to right: Amy Roe - Department Fiscal Officer, DeLena Jones - Administrative Services Officer, Audrey Rice - Management Analyst I, Diane Goni - Management Analyst II, John Oravetz - Database Analyst, Brice Barke - Administrative Assistant, Trinity Blust - Administrative Assistant





# Fiscal Review

The Plumas County Public Health Agency promotes effective and responsible financial management.

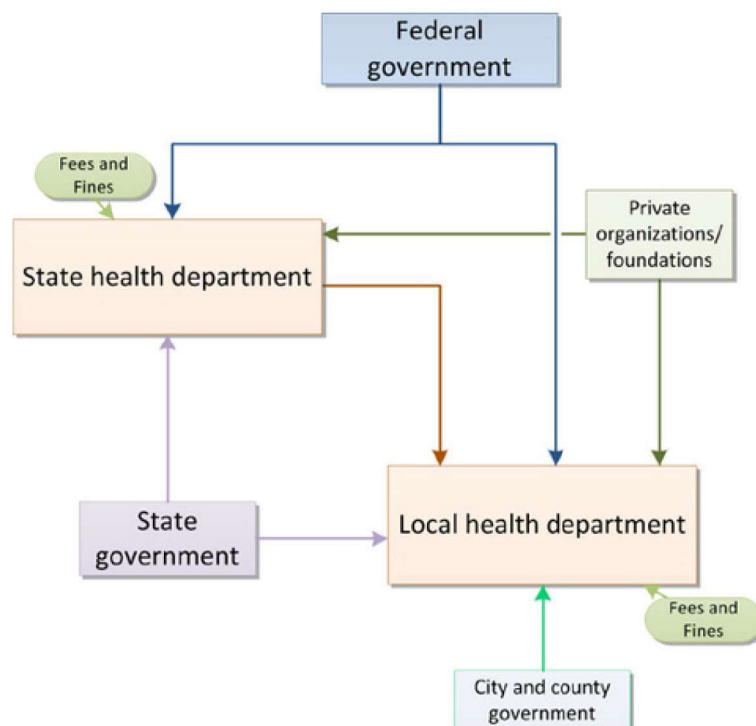
The introduction of a new budget and expenditure tracking system has significantly enhanced our fiscal achievements. This innovative system has streamlined our processes, ensuring that our expenditures align perfectly with our projections. We are also actively addressing staff vacancies, particularly in our nursing and clinical division, with ongoing recruitment efforts.

Many of our operations are funded through federal 'pass-through' grants and state funds, with administrative activities being a notable exception. Senior Services, for example, benefits from almost equal state and federal funding, a complex but rewarding arrangement that ensures our programs are adequately supported.

Despite staffing challenges, our agency maintains good fiscal health, with sufficient funding to support our running programs. We fully utilize available funds and enhance our staffing capabilities to optimize service delivery.

The Plumas County Public Health Agency has achieved notable success in budget management and staffing efficiency this fiscal year. Our current Full-Time Equivalent (FTE) count is 49 out of 54.445, signifying an 89% staffing capacity. This number is a testament to our commitment to maintaining a robust workforce and our adaptability in delivering essential health services.

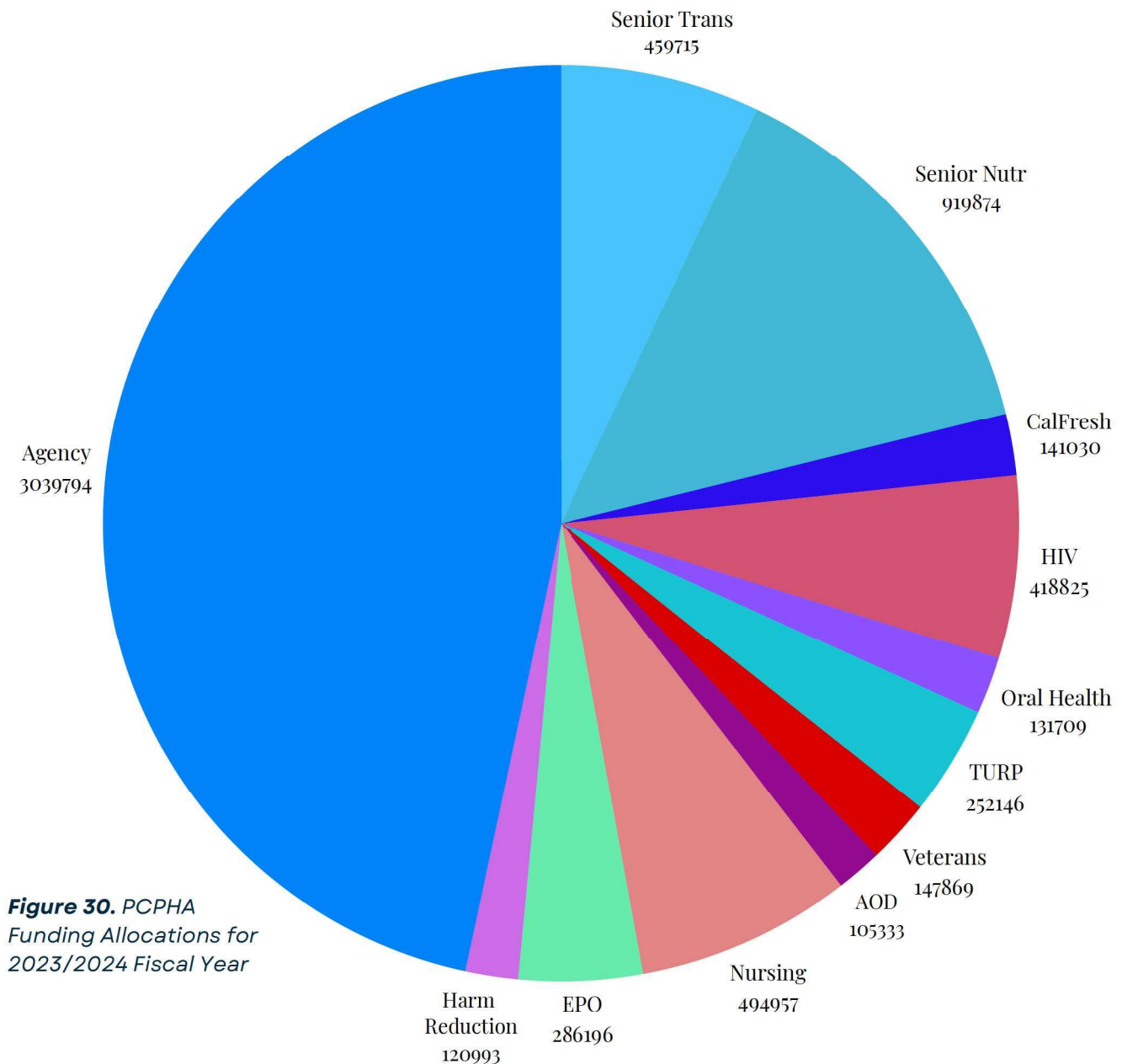
Our agency is focused on recruiting for specialty positions in our nursing and clinical division. PCPHA has experienced a multi-year vacancy issue for LVN and RN positions. Due to these vacant employment positions, our agency could not utilize \$389,242 of grant funding during the 2023-2024 fiscal year alone. Grant funding is allocated with guidelines, rules, and regulations with how the funds can be utilized. Due to these funds being allocated for nursing staff positions, PCPHA lost the unused money.



**Figure 29.** Simplified Representation of County-Level Public Health Funding  
Courtesy of the National Academy of Sciences

# Fiscal Review

## PCPHA PROGRAM FUNDING BREAKDOWN

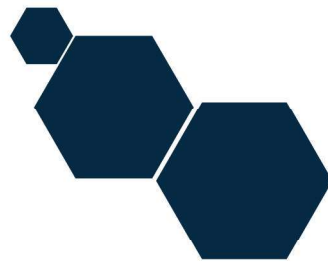


**Figure 30.** PCPHA Funding Allocations for 2023/2024 Fiscal Year

Our effective fund management, strategic staffing, and successful grant utilization have positioned us well for future challenges and opportunities. These efforts are a testament to our enduring commitment to public health in Plumas County and our unwavering dedication to improving our operational effectiveness and service quality.



# Fiscal Review



## Where Does PCPHA Money Come From?

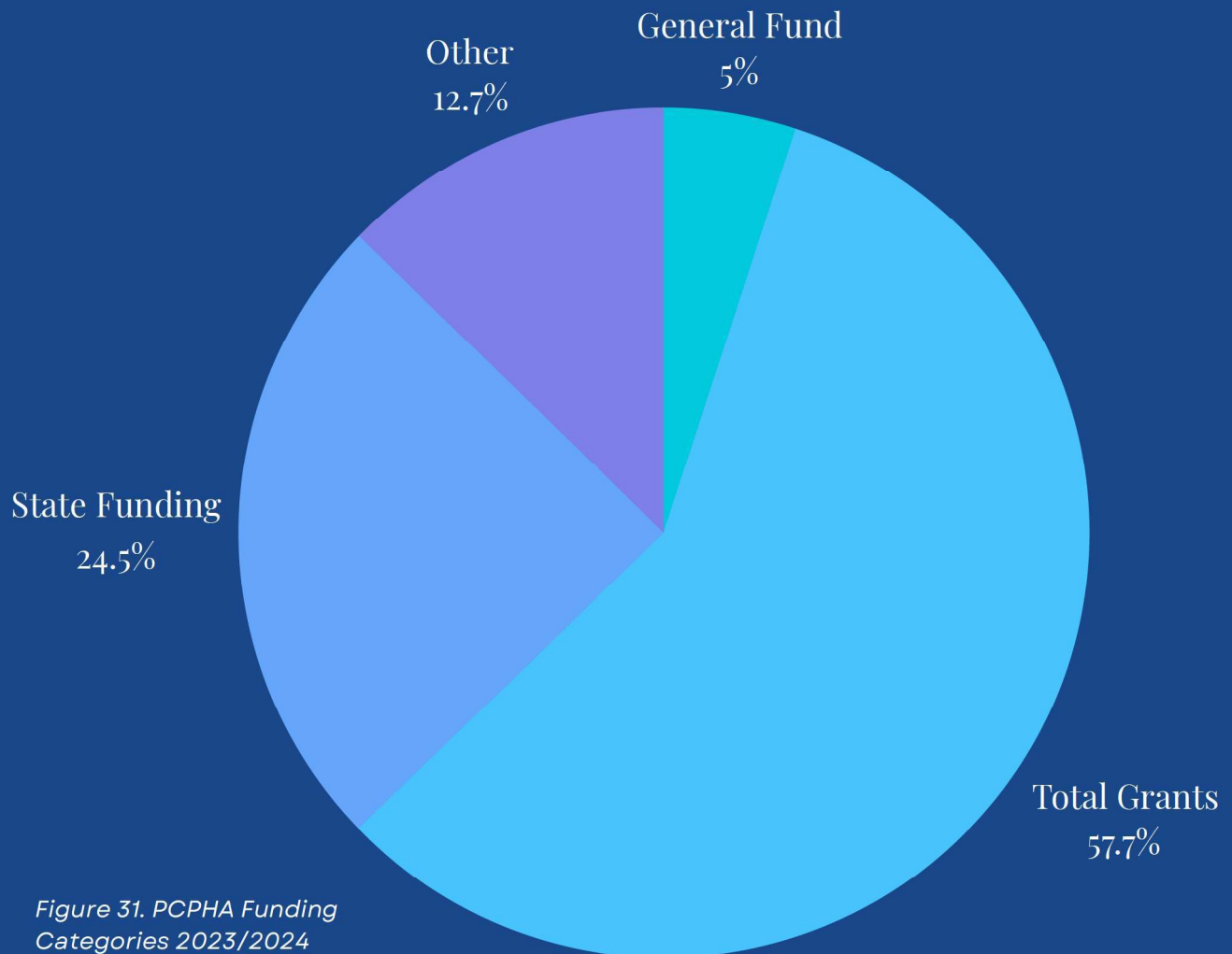


Figure 31. PCPHA Funding Categories 2023/2024 Fiscal Year

- **Grant Funding** - A government grant is a financial award given by the federal or state government to fund specific beneficial project. Funding can only be used according to the guidelines and rules of the grant.
- **State Funding** - Funding from the CA state budget for specific programs and departments. Guidelines on how funds can be utilized are specified by the state.
- **General Fund** - Local government funds - Plumas County government funds.
- **Other Funding** - Funding from other county agencies for contracted services with public health and donations collected for senior nutrition services.



# Wastewater Surveillance

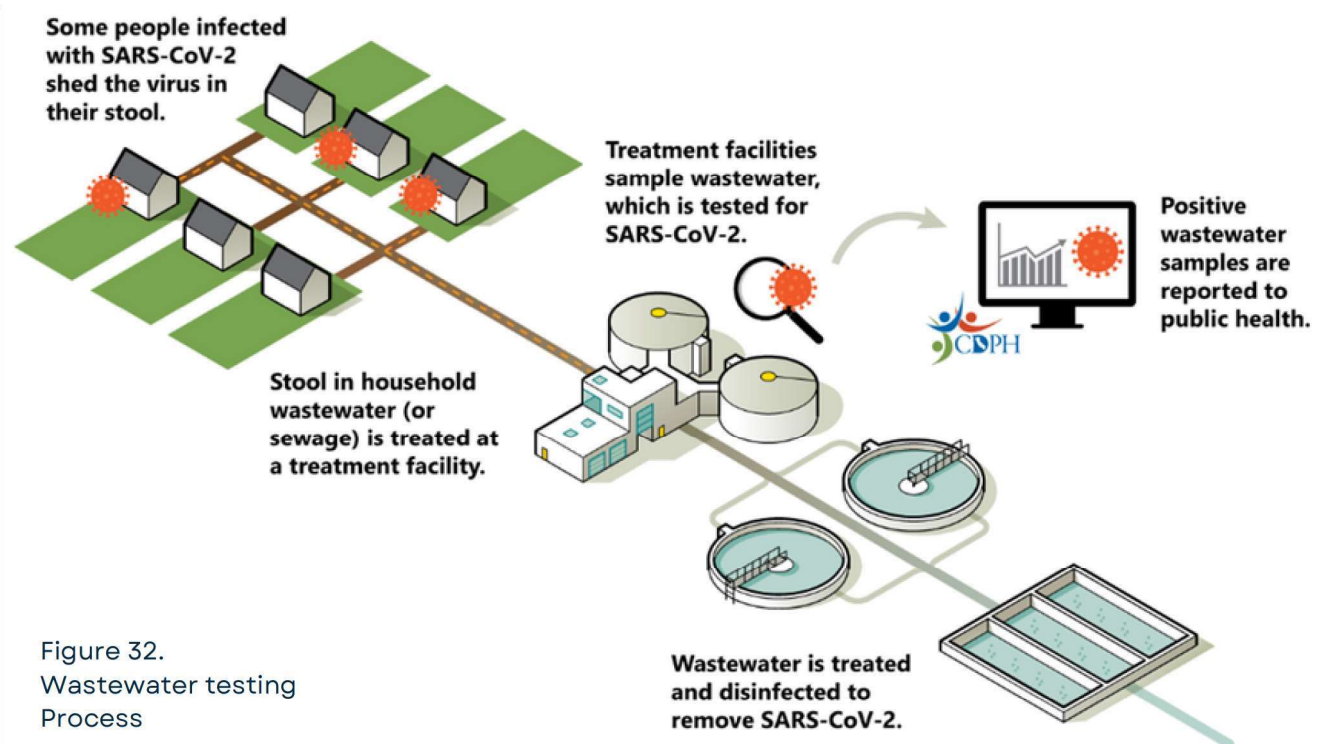
Testing wastewater (sewage) provides timely, actionable data to understand the spread of the virus that causes respiratory illnesses within communities. This makes wastewater monitoring an essential tool for detecting increased COVID-19, RSV, and flu in the community. Wastewater data can be used alongside other data, such as hospitalizations, visits to the doctor, or testing of sick people, to give a complete picture of the spread of viruses that cause respiratory illnesses in our community.

In the fall of 2022, the Plumas County Public Health Agency launched a comprehensive testing program in collaboration with the American Valley Community Services District and the California Department of Public Health. This program began with the first sample sent out on September 6th, 2022, and has been continuous since, showcasing our unwavering commitment to public health. This project aimed to establish a passive surveillance system to gather illness data in Plumas County.

In 2024, the comprehensive testing program took a significant step forward by expanding to include testing for respiratory viruses such as RSV, Flu, and COVID-19. This expansion, which currently covers areas serviced by the American Valley Community Services District (Quincy), allows for a more comprehensive monitoring of virus spread. Samples are collected twice a week and sent to CDPH for testing, enabling the detection of increased levels of respiratory viruses in Plumas County.

## What is Wastewater Surveillance?

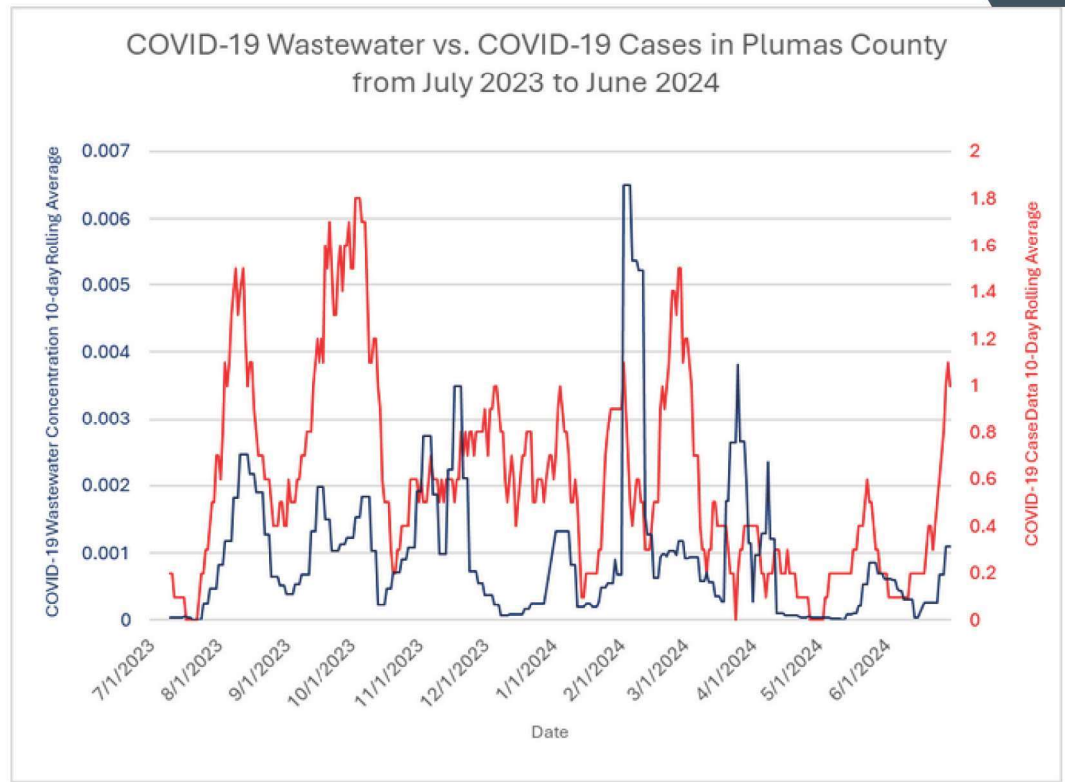
**Looking for respiratory viruses in wastewater can help public health track the burden of these viruses in certain areas**





# Wastewater Surveillance

**Figure 33:** Plumas County wastewater totals vs COVID-19 test totals



## Plumas County Demographics



Plumas County Geography

### Total square miles: 2,613 miles

- Population per square mile 7.8
- 60 square miles is water (2.3%)
- More than 1,000 miles of rivers and streams
- More than 100 lakes
- Plumas National Forest
- Four Main Communities: Portola, Quincy, Greenville and Chester

### Plumas County Demographics

#### Total Population: 19,131

- Persons under 5 years 4.0%
- Persons under 18 years 16.9%
- Persons 65 years and over 33.0%
- Language other than English spoken at home 7.0%
- With a disability, under 65 years 7.31%
- Person in poverty 10.9%
- Median Household Income \$67,885

U.S. Census: July 1, 2023



# Message from our Public Health Officer



**MARK SATTERFIELD M.D.**

PLUMAS COUNTY PUBLIC HEALTH OFFICER

As Health Officer for Plumas County I enjoy the daily opportunity to work with the inspired and hardworking staff of Plumas County Public Health Agency. We strive to make the wisest use of our resources to promote and protect individual and community health and well-being in Plumas County.

We are once again thriving after recovering from the challenges of the COVID pandemic, the Dixie Fire, and the resulting staffing challenges. We are financially strong and can thus continue to support the work of our many health promotion and illness prevention educators and providers.

When it comes to health, preventing serious illness or injury is always better than treatment. So PCPHA focuses primarily on activities aimed at preventing mental and physical illness as described in this report. But we also make every effort to assure availability of high quality treatment in our county. And we continue to seek opportunities to expand services driven by the findings from our community needs assessments.

PCPHA is particularly proud to administer a federal Ryan White grant that for many years has coordinated comprehensive regional medical care for 60-75 individuals with HIV in the five northeast counties of California. These people would otherwise need to travel hundreds of miles to receive similar treatment and our program virtually eliminates transmission of HIV in the region.

Our early participation in wastewater surveillance technology, now in its third year, assists us to anticipate upcoming increases in COVID, influenza and other significant infectious diseases. It can also identify danger from novel agents such as H5N1 "bird" flu and eventually measles, which is more dangerous than people sometimes realize. PCPHA also aggressively supports Plumas District Hospital's efforts to license a birthing center for our county so women don't have to travel 75 miles to safely deliver a child.

Finally, PCPHA's accreditation by the national Public Health Accreditation Board is noteworthy because Plumas is the smallest of just 26 California counties to achieve that, and it assures that our work meets national standards of quality and fiscal accountability.

I hope you enjoyed learning about our many programs. Our community thrives and depends on them.

Sincerely,

A handwritten signature in black ink, appearing to read 'Mark Satterfield'.

Mark Satterfield, MD



# Contact



(530) 283-6337



270 County Hospital Road, Ste. 206  
Quincy, CA 95971



[www.plumascounty.us/publichealth](http://www.plumascounty.us/publichealth)



As we close this report, we want to remind you that the Plumas County Public Health Agency is always here for you. Whether it's answering your health-related questions, guiding you to the right resources, or simply listening to your concerns, we're dedicated to serving our community. Feel free to walk into our office—no appointment necessary—or reach out via phone or email. We encourage you to get in touch; let's explore what we can do for you and together contribute to a healthier Plumas County.



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[instagram.com/plumascountypublichealth](https://instagram.com/plumascountypublichealth)



**Plumas County  
Public Health Agency**

GROWING HEALTHY COMMUNITIES