



**AGENDA  
STRATEGIC PLANNING COMMITTEE**

**Wednesday, January 7, 2022 at 1:00 P.M.**

In accordance with California Government Code Section 54953 teleconferencing will be used for this meeting. Board members, staff and members of the public will be able to participate by webinar by using the following link: <https://us02web.zoom.us/j/81688618530>  
Meeting ID: **816 8861 8530**. Participants will need to download the Zoom app on their mobile device. Members of the public will also be able to participate by telephone using the following dial in information: **Dial in #: (310) 372-7549, Passcode 660448.**

Committee Members: Jennifer Jeffries, Chair and Howard Salmon, Co-chair  
Staff: CEO Rachel Mason, Executive Assistant Linda Bannerman, Wellness Center Administrator Theresa Geracitano, Administrative Officer Judith Oswald

1. Call to Order/Roll Call
2. Public Comments
3. Discussion Items
  - a. Rapid COVID-19 Tests, Acquisition and Distribution
4. Board Member Comments and Future Agenda Items
5. Adjournment

I certify that on January 6, 2022, I posted a copy of the foregoing agenda near the regular meeting place of the Board of Directors of Fallbrook Regional Health District, said time being at least 24 hours in advance of the meeting. The American with Disabilities Act provides that no qualified individual with a disability shall be excluded from participation in or denied the benefits of District business. If you need assistance to participate in this meeting, please contact the District office 24 hours prior to the meeting at 760-731-9187.

A handwritten signature in blue ink that reads "Linda Bannerman".

Board Secretary/Clerk

## **COVID-19 RAPID TEST DISTRIBUTION GUIDELINES**

Must be able to show proof that you live within the FRHD boundaries:

Address in Fallbrook, Rainbow, De Luz or Bonsall.

CDL/Passport, current utility bill, residential lease or other proof of residency.

One test per resident.

Tests will be provided on a first come, first serve basis.

If you have a child in one of the area school districts please connect with that district for testing options for the student, before accepting a test from FRHD.

### **Information to consider before you test:**

When is the best time to get tested after exposure?

- The CDC states that anyone who may have been exposed to someone with COVID should test five days after their exposure, or as soon as symptoms occur.
- Testing within 24 hours of an exposure, when asymptomatic will not be beneficial.

When are people with COVID most contagious?

- The CDC says that its guidelines were updated to reflect growing evidence that suggests transmission of COVID-19 often occurs one to two days before the onset of symptoms and during the two to three days afterward.

How long should you quarantine or isolate?

- First things first, those who believe they have been in contact with someone who has COVID and are unvaccinated should quarantine. Those who test positive, regardless of vaccination status, must isolate, according to the [Centers for Disease Control and Prevention](#).

What if you test positive using an at-home test?

- Those who test positive using an at-home test are asked to follow the latest CDC guidelines and communicate the results to their healthcare provider, who is responsible for reporting test results to the state health department. If you had symptoms, the CDC says you can be around others after you isolate five days and stop exhibiting symptoms. However, you should continue to wear masks for the five days following the end of symptoms to minimize the risk to others.