

# NEWS

August 3, 2021

## Delta variant identified in two Valley County residents

*Central District Health reminds people when and where to test for COVID-19*

**CENTRAL DISTRICT HEALTH (Idaho)** — COVID-19 sequencing test results show that two Valley County residents were recently infected with the Delta variant. One resident was infected in June, the other in July. The two individuals are unknown to one another and live in different communities within Valley County.

"It's important for people to realize that this new and highly transmissible variant is showing up in our more rural communities too. Many Idahoans regularly travel across county lines in a given week, and we need to remember that a threat like the Delta variant is very real even when we travel to the mountains to recreate and play," said Lindsay Haskell, Communicable Disease Control Manager for Central District Health (CDH).

Currently, Valley County is considered to be at a [substantial level of community transmission](#) per the Centers for Disease Control and Prevention (CDC). Wearing a mask in public settings is recommended based on the latest guidance.

Data show the Delta variant is different than past versions of the virus because it's much more contagious and some vaccinated people can get Delta in a breakthrough infection and may be contagious. However, vaccinated individuals represent a very small amount of transmission happening around the country.

With the Delta variant's presence and increased transmissibility, testing remains a very important part of managing the pandemic regardless of vaccine status. Identifying illness early allows people to get proper care and prevent spread to family, friends, and others. CDH wants to remind people when they should consider testing and where they can go.

### Who should get tested for current COVID-19 infection?

- Anyone who has [symptoms](#) of COVID-19, regardless of COVID vaccine status or prior infection.
- Most people who have had close contact (within 6 feet for a total of 15 minutes or more over a 24-hour period) with someone with a confirmed COVID-19 positive test.

- If you are fully vaccinated and you've been around someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

People who are fully vaccinated do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms.

People who are not yet vaccinated and are exposed, along with testing, will need to quarantine for 14 days, even if they do not have symptoms. Quarantine can be shortened to seven days if a negative test is received (a test must occur at least five days after the last exposure). If symptoms develop during quarantine, seek testing.

*As a reminder, COVID-19 symptoms may appear within 2 to 14 days after exposure to the virus and may include:*

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **Where can people go to get tested?**

Testing is available through a number of providers in most communities. Use CDH's list to find a location near you at <https://www.cdh.idaho.gov/dac-coronavirus-resources.php> (see *Testing Sites* section), or search for providers by zip code at <https://get-tested-covid19.org/>. Your healthcare provider may consider either an at-home collection kit or an at-home test if you have signs and symptoms of COVID-19 or if you are unable to get testing at a local healthcare facility.

###

### **Information Resources**

- Call Center: 208-321-2222 – Open M-F, 10 am to 2 pm
- Vaccine webpage & provider list: [cdh.idaho.gov/covid-vaccine](https://cdh.idaho.gov/covid-vaccine)
- CDC Recommendations for fully vaccinated people | <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- CDC Levels of Community Transmission | <https://covid.cdc.gov/covid-data-tracker/#county-view>

### **Media Contacts:**

Christine Myron, 208-871-1712 | [cmyron@cdh.idaho.gov](mailto:cmyron@cdh.idaho.gov)  
Alina Gilmore, 208-830-2540 | [agilmore@cdh.idaho.gov](mailto:agilmore@cdh.idaho.gov)