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NEWS RELEASE

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Kern County Public Health Announces Latest COVID-19 Facts

- There are 162 newly reported confirmed cases in Kern County bringing our total confirmed cases to date to 240,461.
- There are 9 new deaths being reported today and a total of 2,167 COVID-19 deaths since the start of the pandemic.
- The 7-day case rate is 11.3 per 100,000.
- As of yesterday, 1,161,058 doses of the COVID-19 vaccine have been administered to Kern County residents. 55.3% of Kern's eligible population and 51.4% of Kern's total population have been *fully* vaccinated against COVID-19.
- As of yesterday, Kern County had 78 COVID-19 related hospitalizations and 15 are in the ICU.

Last week, the State announced changes to the masking mandate for both the general public and in school and childcare settings. Public indoor masking for unvaccinated individuals is no longer required but is strongly recommended. After March 11, masks will no longer be required, but will be strongly recommended in schools and childcare settings. Masking remains required in healthcare settings, correctional facilities, long-term care facilities, emergency shelters, homeless shelters, and public transportation. Learn more on the CDPH [website](#).

Kern County Public Health continues to coordinate mobile COVID-19 testing and vaccination sites throughout the county and more information can be found on our [website](#).

Our Know Your Numbers program starts today, March 8 in at the Shafter Youth Center, 455 E. Euclid Avenue in Shafter. This traveling free program offers two health screenings informing participants of their body mass index, blood pressure, blood glucose, and cholesterol levels both before and after six weeks of nutrition coaching from our Public Health Nutritionist and fitness classes provided by our partners at In-Shape Health Clubs. Join us every Tuesday from 10am to 11am, starting March 8 through April 19.

"Public Health is traveling throughout the County to bring free health screenings and fitness and nutrition coaching to families in their neighborhoods," says David Couch, Kern County District 4 Supervisor. "I strongly encourage our residents take advantage of this opportunity."

Know Your Numbers is one of several initiatives geared at improving the overall health of Kern County available from the Department. We encourage our residents to take advantage of these life changing programs as we continue to combat COVID-19 and strive for good overall health.

- Certified Healthy – This program empowers residents to choose local restaurants that offer healthier more nutritious meal options. "Certified Healthy" restaurants have met our ten nutrition criteria. To find Certified Healthy restaurants near you, download our free Safe Diner App.
- Waste Hunger Not Food – This program rescues wholesome food from schools, restaurants, and markets that would have otherwise been wasted and distributes it to those in need.

Visit our [website](#) to learn more.