COVID-19 UPDATE – MARCH 13, 2020

Recommendations for Individuals

In light of significantly increasing rates of COVID-19 in Santa Clara County, the Public Health Department is taking further steps to protect the health of our community. Public Health is making these recommendations in consultation with the Centers for Disease Control and Prevention, and they are based on the best information we have at this time. These recommendations may be updated upon further evaluation and public health need.

Effective at 12:00am on March 14, 2020 until 11:59pm on April 4, 2020 all gatherings of more than 100 people are prohibited. Gatherings of 35 to 100 people are also banned unless certain conditions are met. The order as well as specific criteria for holding gatherings of 35 to 100 people can be found on our website www.sccphd.org/coronavirus.

General Precautions

- Avoid gatherings where several people are within arms-length of you
- Talk to your employer about telecommuting options, phone conferences & staggering work start/end times
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong
- Stay away from people who are ill, especially if you are at higher risk for serious illness
- If you are sick, stay home and away from others in your household to the degree you are able. Contact your health care provider if you need medical care.
- Even if you are not ill, do not visit hospitals, long term care facilities, or nursing homes, or other settings with higher-risk populations. If you do need to visit one of these facilities, limit your time there and keep 6 feet away from all patients and employees of the facility at all times.

- **Do not go to the emergency room unless essential.** Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first for instructions.

- Follow CDC’s recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).

Guidance for People at Higher Risk

The County Public Health Department strongly urges that people at higher risk of severe illness:

- Stay at home as much as possible. It’s OK to walk outside as long as you keep an arms-length distance from other people.
- Do not attend gatherings of more than 10 people.
- Do not travel on airplanes or cruises. Also avoid airports, train stations, bus stations, and other forms of transportation, as much as possible.
- Those at higher risk include:
  - Older adults. The risk begins to increase over 50 and increases significantly with age, with persons over age 70 and 80 in the highest risk category.
  - People, regardless of age, with underlying health conditions including cardiovascular disease, diabetes, cancer, heart disease, or chronic lung diseases like COPD, blood disorders, kidney or liver disease, as well as those with severely weakened immune systems.

Enhanced Hygiene

Everyone needs to follow increased hygiene measures that include:

- Frequently wash your hands often with soap and water for at least 20 seconds
- Alcohol-based hand sanitizer can be used in a pinch if soap and water are not available
- Avoid close contact with other people
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue
Regular Cleaning
Exposure is thought to mostly occur through respiratory droplets, but surfaces can still transfer the virus from person to person. Frequently touched surfaces should be regularly cleaned by businesses and organizations. Areas such as doorknobs, tabletops, counters, phones, desks, keyboards and fixtures should be disinfected several times throughout the day.

Stay Informed
- Information is changing frequently. Check and subscribe to Public Health’s website and social media pages.
- Public Health Website: http://sccphd.org/coronavirus
- Public Health Facebook: https://www.facebook.com/sccpublichealth/
- Public Health Instagram: @scc_publichealth
- Public Health Twitter: @HealthySCC