



COVID-19 UPDATE

MARCH 9, 2020

Updated 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 (CDC) and they are based on the best information we have at this time. These recommendations are effective immediately and may be updated upon further evaluation and public health need.

GENERAL PRECAUTIONS

It is very important that individuals do everything they can to follow the individual precautions:

- Avoid large gatherings where several people are within arms-length of you
- Talk to your employer about telecommuting options, telephone conferences and staggering work start and 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 attention
- Even if you are not ill, do not visit hospitals, long-term care facilities or nursing homes, or other settings with vulnerable populations. If you do need to visit one of these facilities, limit your time there and keep six 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 from respiratory diseases, including COVID-19

ENHANCED HYGIENE

Practice excellent personal hygiene habits that include:

- Washing your hands often with soap and water frequently
 - ♦ Alcohol-based hand sanitizer can be used in a pinch if soap and water are not available
- Staying away from people who are ill, especially if you are higher risk for serious illness
- Avoid touching your eyes, nose and mouth unless you've just washed your hands
- Coughing into a tissue or your elbow

GUIDANCE FOR PEOPLE AT HIGHER RISK FOR SEVERE COVID-19 ILLNESS

The County Public Health Department strongly urges that persons at higher risk of severe illness should stay home as much as possible, avoid travelling on cruises and airplanes follow all guidance for the general population including by staying away from gatherings of people.

Those at higher risk include:

- Older adults. The risk begins to increase over 50 and increases significantly with age, with persons over age 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, as well as those with severely weakened immune systems.



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. Doorknobs, tabletops, counters, phones, 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