



COVID-19 Guidelines: Yolo County Residents

MARCH 9, 2020

For You To Know Right Now

Yolo County's Health Officer strongly recommends that all community organizations, schools, religious organizations, other entities and event planners cancel any non-essential mass gatherings or large community events starting on March 10, 2020. The Yolo County Health Officer will reassess this recommendation on or before April 1, 2020.

BACKGROUND & CONTEXT

Yolo County is working with the California Department of Public Health (CDPH) in monitoring COVID-19 and providing guidance and resources to prevent, detect and respond to the occurrence of COVID-19 cases in Yolo County and California. All organizations hosting events should prepare for possible impacts of event cancellations due to COVID-19 and take precautions to prevent the spread of COVID-19 as well as other infectious diseases, including influenza. We are now seeing cases of COVID-19 that represent community spread.

STRATEGIES IMPLEMENTED IN YOLO

The goals of the Health Officer's recommendations are:

- 1) To protect people attending and working at large gatherings in the local community from contracting COVID-19; and
- 2) To reduce community transmission and introductions of COVID-19 into new communities.

Mass gatherings and large community events bring people from multiple communities into close contact with each other and have the potential to increase COVID-19 transmission. **Mass gatherings are events** where large numbers of people are within an arm's length of one another for an extended period of time. Mass gatherings may include: religious services, sporting events, plays, music concerts, assemblies, and conferences.

One method to slow the spread of respiratory virus infections, including COVID-19, is by increasing **social distancing** (reduce close contact), especially for the more susceptible or immuno-compromised populations. **Social distancing** also helps prevent our healthcare system from becoming rapidly overwhelmed.

STRATEGIES PEOPLE CAN USE TO PROTECT THEMSELVES

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. In addition to not attending mass gatherings and large community events, most of the strategies people can implement to protect themselves and their families come down to simple and easy techniques or steps:

- Washing hands with soap and water.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying away from work, school or other people if sick with respiratory symptoms.
- Do not smoke or vape any products.
- Follow guidance from public health officials.

WHAT PEOPLE SHOULD DO IF THEY THINK THEY ARE SICK

Call a Health Care Provider

- Call their health care provider. Health care providers will provide them with guidance on if/when they should come to the office and what precautions should be taken.

Stay Home

- Stay home until they are free of fever (100.4° F or greater) and any other symptoms for at least 24 hours, without the use of fever-reducing or symptom-altering medicines (e.g. cough suppressants).

Wear a Facemask if Sick

- Wear a facemask when they are around other people (e.g., sharing a room or vehicle) or pets and before they enter a healthcare provider's office.
- 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).
- CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19, if they are not sick.

Vulnerable Populations

- The risk of severe disease from COVID-19 escalates as age increases, with persons over age 80 in the highest risk category. Regardless of age, people with chronic health conditions such as cardiovascular disease, cancer, heart disease, or lung diseases such as COPD, as well as those with severely weakened immune systems are also at high risk of complications.
- People at higher risk should consider staying home and away from crowded social gatherings where people are within arm's length of one another. For example, avoid parades, conferences, sporting events, and concerts.

Quarantine

- As we shift from containment to mitigation efforts in counties where there is community transmission of COVID-19 it is no longer necessary for someone who has been in contact with

someone with COVID-19 to quarantine for 14 days if they do not have any symptoms. This applies to the general public, as well as health care workers and first responders. However, they should self-monitor for respiratory symptoms and fever. Should they have any symptoms, they should stay home in order to protect those who are well.

Clean all “High-Touch” Surfaces Everyday

- Practice routine cleaning of high touch surfaces. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Review [disinfection guidance \(https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html).



Monitor Symptoms

- Seek medical attention if illness is worsening.
- Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for COVID-19.
- Put on a facemask before you enter a healthcare facility. This step will help the healthcare provider’s office from getting infected or exposed.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

RESOURCES

Yolo County

<https://yolocounty.org/coronavirus>

<https://yolocounty.org/coronavirus-guidance>

California Department of Public Health (CDPH); Centers for Disease Control and Prevention (CDC)

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Families

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>

Travelers

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>