

**COVID-19 COMMUNITY RESOURCES****#ComeTogetherSMC**

This community resource e-newsletter is designed to keep you up to date on COVID-19 information and community resources.

Topics

Latest COVID-19 Guidelines
COVID Testimonials – Messages from Our Community!
COVID Symptoms & Testing
Resources to Help You Through the Pandemic
Census Ending September 30 - the Final Push!

Latest COVID-19 Guidelines**Getting San Mateo County Off the State's Monitoring List**

On July 29, 2020, California added San Mateo County to its COVID-19 monitoring list, which now comprises all nine Bay Area counties, due to its elevated rate of cases that exceed the state's threshold. The COVID transmissions can be traced to social gatherings where there was inadequate physical distancing and wearing of face coverings, as well as higher exposure for residents performing work that involves person-to-person contact and crowded housing conditions that make home isolation difficult.

What does this mean for San Mateo County? It means that as of Aug. 2, the following indoor business sectors, events and activities were required to cease operations unless they could be modified to operate outdoors or as a pick-up service:

- Gyms and fitness centers, such as yoga and dance studios.
- Places of worship and cultural ceremonies, such as weddings and funerals.
- Offices for non-essential (non-critical infrastructure) sectors.
- Personal care services, such as nail salons and body waxing.
- Shopping malls.
- Hair salons and barbershops.

Shops that offer tattoos, piercings and electrolysis may not be operated outdoors and must close.

Key actions the community can take to help reopen San Mateo County include:

1. Make sure you and your family wear a mask properly when outside of your home.



2. Continue to wash your hands and follow health and safety protocols issued by the state and County. To help ensure your children are washing their hands for the right amount of time, you can sing [this song from Moana!](#)
3. Stay 6 feet apart from others, and wear a face covering when distance is not possible.
4. Limit your interactions and social gatherings with anyone outside of your

household.

[Learn more](#) about California's County Monitoring List and other COVID-19-related information.

CA County Monitoring List

Fines Now Possible for Violating Health Orders

On August 4, 2020, the San Mateo County Board of Supervisors adopted an [urgency ordinance](#) to impose fines on businesses and individuals who violate the state's public health orders, including refusing to wear a face covering and holding large gatherings. The penalties for individuals are:

- First offense: \$100
- Second offense: \$200
- Third offense: \$500

Commercial entities risk a minimum fine of \$250 and a maximum of \$3,000 per violation, depending on the gravity of the health risk and earlier warnings.

Paid Sick Leave Ordinance

Due to Board of Supervisors' action, all businesses in the unincorporated area of San Mateo County are required to provide 80 hours of sick leave to all full-time employees for reasons related to COVID-19. Situations could include an employee being sick, a sick family member in need of care or lack of child care. This requirement applies to all businesses in North Fair Oaks.

COVID Testimonials – Messages From Our Community!



We asked community members in San Mateo County why they wear a mask. Check out their powerful responses!



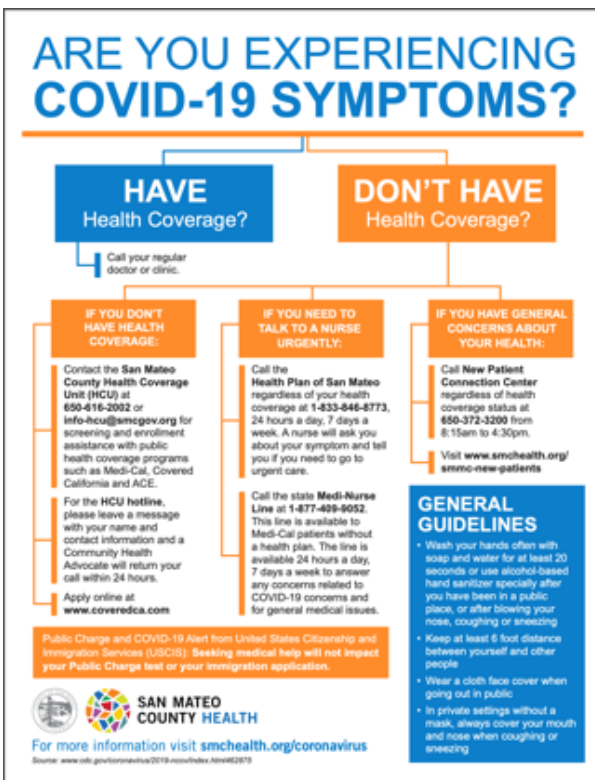
COVID Symptoms & Testing



Experiencing COVID-19 Symptoms? Worried You May Have Been Exposed?

Don't let lack of health insurance stop you from getting the help or treatment you need!

If you or someone you know is experiencing symptoms of COVID-19, it's important to know your insurance options. If you have health insurance, you should call your regular doctor or clinic. If not, this flyer from San Mateo County Health describes your options and offers general COVID-19 guidelines:



Get Tested for COVID-19 at a Public Testing Site

The County, working with the state and Verily's Baseline testing program, continues to offer rotating sites for self-swabbing COVID-19 testing to anyone without restriction, although you need to make an appointment, with a Gmail account, up to 72 hours in advance through [the Project Baseline website](#). You do not need a doctor's note or medical insurance, regardless of immigration status.

Visit the County's [COVID-19 Testing page](#) for site locations and hours of testing. Also, [watch this video](#) or check out [this graphic](#) for a step-by-step on the testing process.

After being tested, residents will receive results and other information by email. San Mateo County Health will reach out to residents who test positive to follow up with isolation requirements and contact tracing.

Sign up for COVID-19 Testing

Resources to Help You Through the Pandemic



Child Care Relief Fund

The Board of Supervisors provided \$2 million to support local child care providers that have taken a financial hit due to the pandemic. The new Child Care Relief Fund serves twin goals: help providers remain open, particularly those in areas of the county serving families with low incomes, and ensure working families have access to quality child care.

Eligibility for this grant program is limited to licensed child care centers and family child care homes as well as license-exempt public recreation and school-district operated programs. **Grants will cover the equivalent of one month of operating expenses** up to a maximum grant award of \$10,000 for family child care homes and \$55,000 for child care centers. Multi-site agencies that operate more than one child care program are eligible for only one grant of up to \$55,000.

Without child care, “many parents and caregivers in San Mateo County will leave the workforce,” according to a staff report that estimates more than 100,000 residents depend on child care to work.

Visit the [Child Care Relief Fund website](#) to learn more about this funding opportunity, apply, or to share this information with your child care provider.

Looking for child care? Visit the 4C's website for [a list of available providers](#).

Child Care Relief Fund

Additional Resources

- The [Great Plates Delivered SMC](#) program helps seniors at high risk of contracting COVID-19 stay home and stay healthy by delivering three nutritious meals a day. The Federal Emergency Management Agency's (FEMA) Public Assistance program has extended this program through Sept. 9, 2020. To learn more about the [County of San Mateo's participation in the Great Plates Program](#), or if you are a senior who wants to participate locally, call 1-800-675-8437.
- [San Mateo County Immigrant Relief Fund](#)
- Housing Industry Foundation's [Emergency Housing Fund](#)
- San Mateo County's [Core Service Agencies](#)
- [COVID-19 Resource Page for Residents & Small Businesses](#)
- [Second Harvest Food Bank](#) and the County's [Food Assistance page](#)
- [The San Mateo County Economic Development Association](#) (resources for assistance and guidance for businesses and workers impacted by COVID-19)
- [211 Hotline – San Mateo County's COVID-19 Non-Emergency Non-Medical Hotline](#)
- [San Mateo County COVID-19 data](#)

Ways to Manage Emotions During COVID-19

Whatever emotions you may be experiencing, there is support.

San Mateo County Behavioral Health and Recovery Services (BHRS) has created these cards that contain a few mental health tips and important phone numbers:

Whatever emotions you have in light of COVID-19

WE ARE HERE FOR YOU

Mental Health Tips

1. Focus on what you can control
2. Limit media/social media
3. Maintain physical health
4. Do things you enjoy
5. Connect with people & resources (see back)



smchealth.org/bhrsservices



Crisis (24/7)

Suicide Prevention Lifeline
800-273-8255 (TALK)

Domestic Violence Hotline
800-799-7233 (SAFE)

Crisis Text Line
Text BAY to 741741

Disaster Distress Line
800-985-5990
Text TalkWithUs to 66746

Non-Crisis (24/7)

Behavioral Health & Recovery Services
ACCESS Call Center
Mental health and substance use referrals for San Mateo County residents with Medi-Cal or no insurance
800-686-0101
TDD: Dial 800-943-2833 or 711

California Peer Run Warmline
Emotional support and referrals
855-845-7415

smchealth.org/bhrsservices

Red Cross Virtual Family Assistance Center

The American Red Cross has assembled a team of volunteers trained to provide virtual support through its Virtual Family Assistance Center (VFAC) to families and communities that have suffered a loss as a result of the COVID-19 pandemic.

VFAC offers information and resources that will help you during this time. Their team includes volunteers trained in:

- **Behavioral health** that can provide emotional support, advocacy, referrals and education on COVID-related stress or mental health issues, including issues related to children.
- **Spiritual care** that can provide both spiritual and emotional support, connection to faith-based providers and resources related to virtual funerals and memorial services.
- **Health Services** that can provide emotional support, assistance with basic medical questions and referral to community resources.

[Access this resource](#) with special virtual programs, information, referrals and services to support families in need, or call toll-free at **833-492-0094** for confidential and free assistance, and language services for non-English-speaking callers will be provided.

The Red Cross also offers free service for frontline workers to help cope with the stress of working with families affected by COVID-19. Again, call the toll-free number **833-492-0094**, or groups may schedule a support session using the [Training Request Form](#). Red Cross volunteers who are professional healthcare providers, mental health providers and spiritual care providers will work with individuals directly or can schedule a group support session.

Virtual Family Assistance Center

Census Ending September 30 –
the Final Push!



Your Voice is Essential!



Your work, health, family and **YOU** are essential to our community. Stand up and be counted in the census.

Complete Your 2020 Census From Home
Online at **my2020census.gov**
or by phone at **844-330-2020**

Starting August 11, 2020, you may have gotten a knock on your door from someone asking you to complete the census if you had not yet completed it. They are called [enumerators](#) and they are there to help! San Mateo County would like to remind residents that the census does not ask about immigration status and that the information collected on the census is and **will remain secure and confidential**. We are committed to protecting the rights of every resident in San Mateo County. We want to ensure that all San Mateo County residents participate and Count!

It was announced on August 3, 2020 that the U.S. Census Bureau (USCB) will be closing the Census 2020 data collection efforts on September 30, 2020. USCB will be ending all field data collection conducted by enumerators as well as self-response options. This means that census is now ending one month earlier than the previously determined October 31 deadline.

San Mateo County has the highest census self-response rate of any county in California. Even with the response rate standing at 76.9%, approximately a quarter of households still need to be counted. The lowest response rate communities are in East Palo Alto, North Fair Oaks, and Pescadero. Low response rates mean that these

communities are in jeopardy of losing money, resources, and representation. We need everyone to respond to the 2020 Census so money and services can be allocated equitably.

Please encourage everyone – your neighbors, family members, co-workers – to take part in the 2020 Census. Complete it by phone at 844-330-2020, mail, or [online](#). **We need your help!**

Complete the Census

Together



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