



#ComeTogetherSMC

This newsletter is designed to keep you up to date on all the changes due to COVID-19 and how this affects our community.

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SIGN UP FOR THE DIGITAL VERSION OF THIS NEWSLETTER!

This monthly COVID-19 newsletter is produced by the County of San Mateo Office of Community Affairs. If you have not received this newsletter in the past and are receiving it today, then you reside in an area that is receiving this special holiday edition as part of a one-time expansion of our distribution area. To continue to receive the latest pandemic news and updates as they relate to our county, please visit our website at cmo.smcgov.org/covid-19-resources to sign up for our monthly e-newsletter.

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Stay informed about COVID-19 community resources and information: Sign up for our newsletter at cmo.smcgov.org/covid-19-resources.

Newsletter | December 2020

Latest COVID-19 Guidelines: Stay Up to Date on Most Recent Changes

California has a blueprint for reducing COVID-19 in the state with revised criteria for loosening and tightening restrictions on activities. The state of California has recently moved various counties into new tier levels as cases surge and the holidays approach. To stay up to date with the most recent changes and which tier San Mateo County is in, please visit covid19.ca.gov/safer-economy.

Recommendations for Safer Travel During COVID

Recommendations for Safer Travel During COVID-19

Protect yourself, loved ones, and the community from COVID-19

The best advice is to AVOID traveling. If you must travel, take these steps to reduce risk

- Wear a face mask whenever you are indoors.
- Get tested before you travel.
- Keep at least 6 feet of physical distance at all times.
- Ventilate your space, if possible (for example, open the vehicle's window).
- Get a flu shot.
- Avoid contact with anyone who is sick.
- Avoid contact with frequently touched surfaces.
- Wash or sanitize your hands often.



Anyone arriving in California from other states or countries, including returning California residents, should practice self-quarantine for 14 days after arrival.

A negative test does NOT clear you for visiting relatives

- Testing only provides a point-in-time result. You may still present a risk of exposing others to COVID-19 if you tested during the incubation period.
- Even if you test negative, continue to wear a face mask, maintain social distancing, avoid gatherings and nonessential travel.



For more information visit:
tinyurl.com/SMCHolidaysCOVID

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 @CountyofSanMateo  @sanmateoco



**Subscribe now! To continue to receive this newsletter.
Visit cmo.smcgov.org/covid-19-resources**

Get Tested: It's Safe and Easy

Widespread testing plays a key role in the state's criteria for loosening or tightening restrictions on certain activities and the economy. The County's goals are to exceed the state median for testing, ensure equitable access to testing, and invest in strategic community testing.

To get tested for COVID-19, call your health care provider or visit smgov.org/testing. Local health officials also cautioned the lower risk level should not prompt San Mateo County residents to let their guards down — guidance from state and local health officials regarding travel and holiday gatherings remains the same.



Get Your Flu Shot!

Decrease the likelihood of developing flu-related illness around holiday time, which could disrupt your plans.

Get a flu shot at:

- Your doctor's office
- Retail pharmacies and stores (call first to check vaccine availability). Find locations: <https://vaccinefinder.org/>
- A free flu clinic in San Mateo County: Find 2020-21 free flu vaccine clinic locations at smchealth.org

Home-bound patients who need flu shots should call 1-800-675-8437.

Tips to Stay Safe, Reduce Risk While Celebrating This Holiday Season

Living in a world with COVID-19 doesn't mean you won't be able to enjoy the holidays this year. It means you must be more careful than usual to protect yourself, your loved ones and your fellow community members from illness. The best advice is not to gather. If you do gather in person, keep it safe, small, short & stable. Here are some tips to stay safe this holiday season, and still have fun!

1. Limit in-person celebrations to your immediate household. Instead of hosting a large gathering this year, limit it to immediate members of your household. It's safest not to participate in gatherings with different households. Try to limit your gathering to no more than two hours. Enlist everyone's help in the kitchen to make for a positive bonding experience. Bonus: Keeping it small means you'll save money and have less to cook and clean up!

2. Host an outdoor celebration with your immediate household. If outdoor space is an issue, consider one of the County's drop-in picnic sites at select parks or reserve a

space at the county parks. Visit smgov.org to learn more!

3. Host a virtual family gathering.

A virtual family gathering is a fun, convenient, low-cost way to reunite with members of your extended family — especially since social distancing requires reducing close contact with people outside of your immediate household. Most video conferencing platforms allow multiple people to join at once, so everyone attending your family gathering can be logged in at the same time.

4. Play virtual board games. Board game nights are a holiday tradition that can be taken online to minimize exposure to COVID-19. Scrabble, Monopoly, lotería, mahjong, and various other popular games are now available online so you can play with friends and family from a safe distance. You can also connect with one another using video chat to play games like Pictionary and charades.

5. Have a holiday movie marathon.

Make plans to watch a holiday movie with friends and family over video chat. Start the movie at the same

time, then keep a video chat session open on your computer or mobile device.

6. Do a walking/driving tour of your neighborhood's holiday decorations. Drive or walk around town to look at everyone else's decorations. Bonus if you decorate your own home as well!



Meet the COVID Compliance Team: what They Do and Why



The County's COVID-19 Compliance Team has been working with San Mateo County businesses to make sure they maintain a safe environment for their employees and customers. The Compliance Team investigates and responds to reports of alleged violations of state and local health orders related to COVID-19. A few requirements for all businesses include (but are not limited to):

- Making sure customers and employees always wear face coverings, unless seated at a dining establishment
- Preparing, posting and following a social distancing protocol
- Ensuring employees who are sick do not come to work
- Confirming customers can remain 6 feet or more apart

Businesses will incur a first warning, and subsequent violations can bring administrative citations with penalties between \$250 and \$3,000 per instance, depending on the gravity of the health risk, prior warnings, intent to profit from the violation and good faith efforts to comply.

Residents can report an alleged violation for investigation via an online portal at <https://www.smccgov.org/covid-business-complaint>. Those needing language assistance or help entering their complaint into the portal can call 2-1-1. Reported allegations can be submitted confidentially and anonymously.

Residents wishing to report violations of individuals, such as large social gatherings, should still contact their local law enforcement agency's non-emergency line. The Sheriff's non-emergency phone number is 650-363-4911. **Do not call 9-1-1.**

COVID-19 Resources

- The **San Mateo County Immigrant Relief Fund** provides financial support to immigrant families left out of the federal government's relief efforts. <https://missionassetfund.org/immigrant-families-grant-sm>.
- 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. This program is currently available until Dec. 8, 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.
- For a wide variety of resources and assistance, visit our **COVID-19 Resource Page for Residents & Small Businesses:** cmo.smccgov.org/covid-19-resources.

- **Second Harvest Food Bank** offers food at various locations throughout San Mateo County: call 1-800-984-3663 or text GETFOOD to 408-455-5181. Also, food programs also are listed on the **County's Food Assistance** page at smccgov.org/food.
- Stay current on the total cases, deaths, hospitalizations and other COVID information by visiting **San Mateo County COVID-19 data**, which is updated regularly: smchealth.org/coronavirus-health-data.

Shop Local for Your Holidays

**Save Jobs. Help Businesses.
Support Our Community.**



ABOUT US

More than 764,000 people call San Mateo County home. It is where innovation thrives in industries including bioscience, computer software, green technology, hospitality, financial management, health care, education and transportation. The County prides itself on how that prosperity fosters its commitment to protecting and enhancing the health, safety, welfare and natural resources of the community.



SOBRE NOSOTROS

Más de 764,000 personas llaman hogar al condado de San Mateo. Es donde prospera la innovación en industrias que incluyen biociencia, software, tecnología verde, hospitalidad, gestión financiera, atención médica, educación y transporte. El Condado se enorgullece de cómo esa prosperidad fomenta su compromiso de proteger y mejorar la salud, la seguridad, el bienestar y los recursos naturales de la comunidad.

**Para estos días festivos,
haga sus compras
localmente.**

**Salve trabajos. Ayude a los negocios.
Apoye a nuestra comunidad.**

