



# #ComeTogetherSMC

Newsletter | August 2020

This e-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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## Contact

San Mateo County  
Office of Community Affairs  
400 County Center  
Redwood City, CA 94063  
650-363-1800

**smcgov.org**  
[communityaffairs@smcgov.org](mailto:communityaffairs@smcgov.org)

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

## Order by County Health Official



Last month, the county's health officer issued an order that included guidance on gatherings (no more than 50 people), social bubbles, social distancing and face coverings, among other topics.

**When people need to leave their place of residence, they must strictly comply with social distancing and face-covering requirements.**

All members of the public must wear a face-covering outside of their home or other place where they reside in the following situations:

- When they are inside of, or in line to obtain goods and/or services, any business or other entity allowed to operate, including but not limited to, grocery stores, convenience stores, supermarkets, laundromats, restaurants, salons and government facilities;

- When they are engaged in work at a business or other entity allowed to operate;
- When they are obtaining services at healthcare operations, including hospitals, clinics, COVID-19 testing locations, dentists, pharmacies, blood banks and blood drives, other healthcare facilities, mental health providers, or facilities providing veterinary care and similar healthcare services for animals, unless directed otherwise by an employee or worker at the healthcare operation; or
- When they are waiting for or riding on public transportation (including without limitation any bus, BART or CalTrain) or paratransit or are in a taxi, private car service, or ride-sharing vehicle.

Find the county order No. c19-11 at [smchealth.org](https://smchealth.org).

# How to Keep You and Your Family Safe

## Interact with Others in a Social Bubble

One way to practice responsible and safe social gatherings is through the use of a social bubble. You may interact with other individuals outside of your household in a social bubble, which is defined as a group of 12 or fewer people from different households or living units who have agreed amongst themselves to only socialize with members of their group. A social bubble must be maintained for a minimum of three weeks. You can only be a member of one social bubble at a time. While face coverings and social distancing are always recommended, members of a social bubble are relieved of these requirements when they are with members of their social bubble in an outdoor setting, as if they belonged to a single household or living unit.

## Avoid Crowded Settings

Crowded settings, especially indoors, increase your risk of exposure to COVID-19. Comply with the county's face-covering order, stay 6 feet away from others, avoid touching your face, and wash your hands or use hand sanitizer as frequently as necessary. Higher-risk individuals (over age 65 or those with serious medical conditions) should consider continuing to stay home until Stage 4 of the state's re-opening. Minimize errands by having groceries delivered or friends or family to help.

Help Slow the Spread  
**Mask Up!**

### SOCIAL BUBBLES

Helps us prevent the spread of Coronavirus

#### What is a Social Bubble?

Group of 12 or less

Socialize outside only

Mutually Exclusive

#### What does a social bubble look like?

Families

Coworkers

Workout Partners

# Strong Mental Health for the Family

Attention, parents and teens! There is a new online resource designed to help teens maintain their mental health. The Crushing the Curve ([crushingthecurve.me](http://crushingthecurve.me)) website has resources for parents about how to help teens cope with coronavirus-related anxiety, ideas on things to do with teens during quarantine, tips for parental self-care and much more! Some of the teen topics include helpful ways to cope with racial discrimination, ideas for social bubbling activities, how to set goals during a stressful time and more. Additional mental health and wellness resources:

- Youth and family mental health guide at [smchealth.org](http://smchealth.org)
- CA guide for emotional support and well-being at [covid19.ca.gov/resources-for-emotional-support-and-well-being](http://covid19.ca.gov/resources-for-emotional-support-and-well-being)

- Immigrant Rising's wellness gatherings for undocumented young people at [immigrantsrising.org/virtual-wellness-gatherings](http://immigrantsrising.org/virtual-wellness-gatherings)
- For assistance in finding mental health and/or substance use services contact ACCESS Call Center 1-(800) 686-0101.



## COPING WITH COVID-19 **ANXIETY**

<p><b>FOCUS ON WHAT YOU CAN CONTROL</b></p> <p>Avoid checking the news 24/7 Practice social distancing Wash your hands</p>	<p><b>PRACTICE HEALTHY ACTIVITIES</b></p> <p>Go for a walk Play a game or do a puzzle Prepare a healthy meal</p>	<p><b>TRUST YOUR ABILITY TO COPE</b></p> <p>Think about past successes Talk about feelings with those you trust</p>	<p><b>USE TOOLS TO MANAGE ANXIETY</b></p> <p>Meditation &amp; Yoga Breathing Journal Gratitude</p>	<p><b>BE COMPASSIONATE</b></p> <p>Be kind and speak up about stereotypes racism xenophobia</p>	<p><b>WHEN YOU ARE FEELING OVERWHELMED</b></p> <p>Take 5 slow long breaths Tune into your senses Remind yourself you are safe</p>
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# Financial Assistance Programs for Those Ineligible for Federal Programs



## County Assistance

The Board of Supervisors unanimously voted to approve \$2 million in Measure K funds to the San Mateo County Immigrant Relief Fund to provide financial assistance to residents of San Mateo County who have been economically impacted by COVID-19, and who are ineligible for federal financial assistance programs because of their immigration status. The Board will also be meeting and reassessing within the month to evaluate if additional Measure K funds could and should be added to this relief fund. The County will be partnering with Legal Aid Society and Mission Asset Fund to distribute the funds throughout San Mateo County. For more information on eligibility requirements and to apply, visit [missionassetfund.org/immigrant-families-grant-sm](https://missionassetfund.org/immigrant-families-grant-sm).

## Housing Assistance Programs

- Housing and homelessness services through the state at [covid19.ca.gov/housing-and-homelessness/](https://covid19.ca.gov/housing-and-homelessness/)
- Housing and homelessness services through the county at [hsa.smcgov.org/core-service-agencies-emergency-safety-net-assistance](https://hsa.smcgov.org/core-service-agencies-emergency-safety-net-assistance)
- For assistance with basic emergency needs, contact Fair Oaks Community Center at (650) 780-7500. Core service agencies provide a wide variety of services, including:

- » Serving as access points for shelter and homeless services.
- » Providing referrals and resources for material goods, transportation programs, and food.
- » Providing, for eligible residents, emergency financial assistance to maintain their housing or meet other essential needs, such as rental or mortgage assistance, utility payments, etc.

**Note:** Emergency financial assistance funds are limited, and applicants must meet the eligibility criteria and complete the application process to be considered.

- Housing Industry Foundation's Emergency Housing Fund at [hifinfo.org/hifstrong](https://hifinfo.org/hifstrong) offers community members who are threatened by homelessness and living in San Mateo County an opportunity to apply for an emergency grant of up to \$2,500. Applicants will be required to demonstrate need. Grants may be used only for rent, a security deposit or utilities, and will be paid directly to the landlord/property management or utility company.
- San Mateo County Eviction Regulations: The San Mateo County

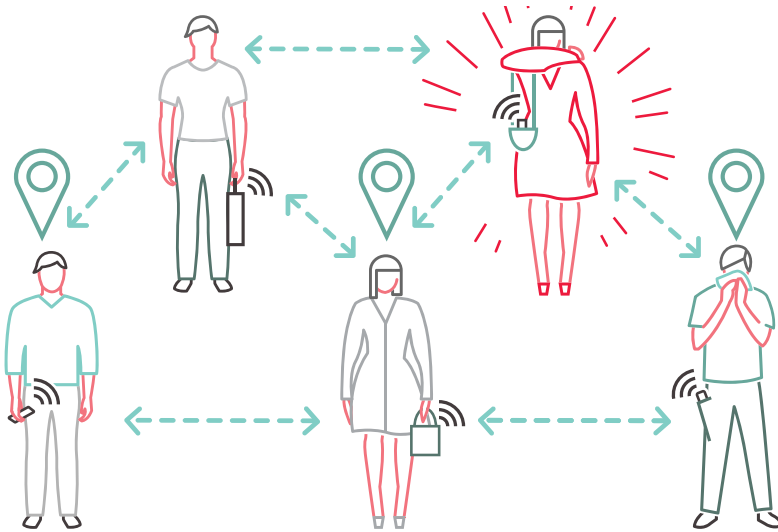
Board of Supervisors has extended an emergency moratorium on eviction for non-payment of rent by residential tenants impacted by the COVID-19 pandemic until Aug. 31, 2020. The emergency regulation is countywide, which means it applies in all cities located within the county, as well as in the unincorporated area. Find more information on the County's COVID-19 Help for Residential and Commercial Renters webpage at [smcgov.org/covid-19-help-residential-and-commercial-renters](https://smcgov.org/covid-19-help-residential-and-commercial-renters). If you have questions or need additional help regarding the eviction moratorium, visit Community Legal Services in East Palo Alto's (CLSEPA) website, [youarecommunity.org](https://youarecommunity.org), or call (650) 422-2885.

## Other 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 Aug. 9, 2020. To learn more about the program, or if you are a senior who wants to participate locally, call 1-800-675-8437 or visit [covid19.ca.gov/restaurants-deliver-home-meals-for-seniors](https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors).
- COVID-19 Resource Page for Residents & Small Businesses at [cmo.smcgov.org/covid-19-resources](https://cmo.smcgov.org/covid-19-resources).
- Second Harvest Food Bank: call 1-800-984-3663 or text GETFOOD to 408-455-5181 and the County's Food Assistance page at [smcgov.org/food](https://smcgov.org/food).
- The San Mateo County Economic Development Association (resources for assistance and guidance for businesses and workers impacted by COVID-19) at [samceda.org/covid-19-general-resources](https://samceda.org/covid-19-general-resources).
- 211 Hotline — San Mateo County's COVID-19 Non-Emergency Non-Medical Hotline.
- San Mateo County COVID-19 data at [smchealth.org/coronavirus-health-data](https://smchealth.org/coronavirus-health-data).
- Your voice is essential! Please complete the 2020 Census at [my2020census.gov](https://my2020census.gov)!



# What is Contact Tracing and Why is it Important?



You may have heard the phrase contact tracing, but what, exactly, is it? Contact tracing involves identifying people who have an infectious disease, the people who they encountered, and then working with them to stop the spread of the disease.

For COVID-19, health workers will notify you that you may have been in contact with an infected person and will encourage you to get tested. Contact tracing has been used for decades to fight infectious disease.

## What does contact tracing entail?

- You will receive a call, text or email from the San Mateo County Public Health department to inform you of COVID-19 exposure.
- The department will not share information about who may have exposed you. This information is confidential.
- You will get free, confidential testing, regardless of your income, health insurance, or immigration status.

- They will help you understand your infection risk. They will tell you what to do immediately to prevent further spread, which most likely will include isolation and quarantine.

## How do I know if the person calling me is legit?

Official contact tracers will never ask for your social security number, financial information or health insurance information. They also will not ask you about your immigration status. If someone claiming to be a contact tracer asks for your social security number or any kind of financial or health insurance information or tries charging you money or fees, it is a scam!

You can read about other COVID-19 scams on this County of San Mateo webpage at [smcgov.org/covid-19-avoiding-scams](https://smcgov.org/covid-19-avoiding-scams).

## Get Tested for COVID-19 at a Public Testing Site



You can get tested for COVID-19, at no cost, at a public testing site in San Mateo County. The County, working with the state and Verily's Baseline testing program, is continuing to provide rotating sites for self-swabbing COVID-19 testing to anyone without restriction, though 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 at [smcgov.org/covid-19-testing](https://smcgov.org/covid-19-testing) for site locations and hours of testing. Also, watch a video or check out a 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. You can also receive testing through private providers.

# WHAT IS CONTACT TRACING?

**Contact tracing** is a fundamental part of outbreak control that is used by public health professionals around the world to prevent the spread of infections.

## WORDS TO KNOW



### Case Patient

A person who has tested positive for the COVID-19 virus.



### Contact

Someone who has been within a 6-foot radius of a **case patient** for longer than 15 minutes.



### Contact Tracing

The process of tracing and monitoring contacts of **case patients**.



**Isolation** for someone who is ill.

**Quarantine** for someone who has had close contact with someone who is ill.

## WHAT DOES CONTACT TRACING LOOK LIKE?



### Gather Information

- Interview positive case patient.
- Gather information about close contacts.
- Case patient is placed on **isolation**.



### Quarantine

- Interview close contacts.
- Contacts are placed on 14-day **quarantine**.



### Follow-up

- Follow up with contacts about symptoms.
- **Symptomatic:** Refer person to primary care for testing and start contact tracing.
- **Non-symptomatic:** Person may come off quarantine.



### New Case

- **Symptomatic contact:** a person who tests positive becomes a new case patient and the process begins again.

*Adapted from the Mid-America Regional Council Health Care Coalition and Public Health England*



**SAN MATEO  
COUNTY HEALTH**

**Dial 2-1-1** for non-emergency, non-medical calls  
[smchealth.org/coronavirus](https://smchealth.org/coronavirus)

## 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.