



#ComeTogetherSMC

ENGLISH

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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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Contact

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Redwood City, CA 94063
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smcgov.org
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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**.

California’s Blueprint for a Safer Economy Unveiled

SAN MATEO COUNTY IS AT Red RISK LEVEL

Allowed Indoors

- ▶ Hair, nail, body waxing salons
- ▶ Restaurants at 25% capacity or 100 people, whichever is fewer
- ▶ Places of worship at 25% capacity or 100 people, whichever is fewer
- ▶ Museums, Zoos & Aquariums at 25% capacity
- ▶ Movie theaters at 25% capacity or 100 people, whichever is fewer
- ▶ Gyms & Fitness Centers at 10% capacity
- ▶ Malls can increase capacity to 50%

Not Currently Allowed to Resume Operation

- ▶ Bars, Breweries & Distilleries

Counties can move to a less restrictive level as COVID transmission goes down and testing goes up.

Stay diligent about keeping your distance, wearing your mask, getting tested, and following all protocols and directives.

For more information, visit smcgov.org

COUNTY OF SAN MATEO

Source: California All, covid19.ca.gov/safer-economy

California is now following the Blueprint for a Safer Economy, a statewide plan for living with COVID-19 for the long haul. The plan imposes risk-based criteria for the tightening and loosening of restrictions on activities and expands the length of time between changes to assess how any movement affects the trajectory of the disease.

Each county falls into one of four colored tiers — Purple (Widespread), Red (Substantial), Orange (Moderate) and Yellow (Minimal) — based on how prevalent COVID-19 is in each county and the extent of community spread. Counties must remain in a tier for at least three weeks, at a minimum, before advancing to a different tier.

As of Sept. 22, the County of San Mateo was assigned to the red tier, though the tier is subject to change and could

be different at the time you receive this newsletter. The red tier pertains to a substantial risk level and means some non-essential indoor business operations are closed. However, red-ranked counties may open some businesses and activities with modifications in place, such as indoor dining, movie theaters and places of worship operating at a maximum 25 percent capacity. Gyms may operate indoors at a maximum 10 percent capacity.

Read more about the blueprint at cmo.smcgov.org/press-releases and check our county’s status at covid19.ca.gov/safer-economy.

Community Crew Coming to a Neighborhood Near You!

The Community Crew is helping to slow the spread of COVID-19 by handing out FREE face masks and COVID-19 resource guides to communities within San Mateo County. Comprised of the outreach team from the County's Office of Community Affairs, the Community Crew helps to inform and encourage residents with the hope that everyone will do their part and wear a face mask!

Remember, if each of us wears a mask, everyone is protected. Face masks are an easy way to help decrease COVID-19 transmission and save lives.



Follow us on Twitter or Instagram @SMC_CommAffairs for resources, updates, and locations near you!



COVID Testimonials: “I Don't Wish This on Anyone”

A member of our community who was directly impacted by COVID-19 shares how the virus has impacted their life.

“While my husband is home from the hospital, the reality is that he is far from recuperated. He was released from the hospital two days after leaving the ICU, where he almost died from internal bleeding and was 100 percent on oxygen/not breathing on his own. He was released early because the hospitals are flooded with COVID cases and they needed that bed. He is home in bed on oxygen. He is so weak and can't breathe to the point that walking to the bathroom and showering is difficult for him (even with his oxygen tank).

He receives calls several times a day from nurses asking for his vitals. I am on leave and am exhausted. I'm up every hour at night checking in on him since we're isolated in different rooms. Mainly I'm checking on him because there were three separate times while he was in the hospital when we thought he was okay and an hour later



the doctor would call me telling me his life was in danger. I get scared this will happen at home.

While I am so blessed he is home, I can't lay by his side. It's been almost four weeks since we've hugged and kissed. I can only be in his room for so long while I'm wearing masks and gloves. I am exhausted. I am overwhelmed. I am emotional. He is frustrated with not being able to recover quickly. He is emotional and triggered by this entire experience.

I share this testimony not for sympathy, but because this is real. So when the governor says he's going to shut things down, I support that because I don't wish this on anyone. But I also want our communities who are essential workers and getting hit the hardest [by] exposing themselves to receive the compensation and healthcare precautions to protect them. For those folks concerned about their social lives, they will resume one day. As for my husband and I, COVID has marked our lives forever.”

Experiencing COVID-19 Symptoms?

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 at 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.

Paid Sick Leave Ordinance

Due to the 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.

ARE YOU EXPERIENCING COVID-19 SYMPTOMS?

HAVE Health Coverage?
Call your regular doctor or clinic.

DON'T HAVE Health Coverage?

IF YOU DON'T HAVE HEALTH COVERAGE:
Contact the **San Mateo County Health Coverage Unit (HCU)** at **650-616-2002** or **info-hcu@smcgov.org** for screening and enrollment assistance with public health coverage programs such as Medi-Cal, Covered California and ACE.
For the **HCU hotline**, please leave a message with your name and contact information and a Community Health Advocate will return your call within 24 hours.
Apply online at **www.coveredca.com**

IF YOU NEED TO TALK TO A NURSE URGENTLY:
Call the **Health Plan of San Mateo** regardless of your health coverage at **1-833-846-8773**, 24 hours a day, 7 days a week. A nurse will ask you about your symptom and tell you if you need to go to urgent care.
Call the state **Medi-Nurse Line** at **1-877-409-9052**. This line is available to Medi-Cal patients without a health plan. The line is available 24 hours a day, 7 days a week to answer any concerns related to COVID-19 concerns and for general medical issues.

IF YOU HAVE GENERAL CONCERNS ABOUT YOUR HEALTH:
Call **New Patient Connection Center** regardless of health coverage status at **650-372-3200** from 8:15am to 4:30pm.
Visit **www.smchealth.org/smmc-new-patients**

GENERAL GUIDELINES

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer specially after you have been in a public place, or after blowing your nose, coughing or sneezing
- Keep at least 6 foot distance between yourself and other people
- Wear a cloth face cover when going out in public
- In private settings without a mask, always cover your mouth and nose when coughing or sneezing

Public Charge and COVID-19 Alert from United States Citizenship and Immigration Services (USCIS): Seeking medical help will not impact your Public Charge test or your immigration application.

SAN MATEO COUNTY HEALTH
For more information visit smchealth.org/coronavirus
Source: www.cdc.gov/coronavirus/2019-ncov/index.html#462875

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, the flyer above from San Mateo County Health describes your options and offers general COVID-19 guidelines.

Resources to Help You Through the Pandemic

Behind on rent due to COVID-19?

Evictions due to rent owed for April 2020 through August 2020 are limited by the San Mateo County Eviction Moratorium. You can make payments toward rent debt for those months over the next six to 12 months. On Aug. 31, when the local moratorium expired, California Governor Gavin Newsom signed a law that provides tenants with additional protections. [See Page 5 for details](#)

Small Property Owner Assistance Program

The Small Property Owner Assistance Program seeks to improve the stability of rental housing in the County and mitigate the economic impacts of the COVID-19 pandemic on small residential rental property owners. The Program will provide grants up to \$6,000 per residential rental unit to qualified County residents who own and lease small numbers of residential rental properties in San Mateo County, who rely on rental properties as a primary source of income, and whose rental income has been reduced as a result of COVID-19. The program will also benefit tenants of relief-granted properties through increased housing security and reduced back-rent.

Property owners may apply for a grant for up to ten of their rental units for which some or all of the rent owed between April 1, 2020 and August 31, 2020 has not been paid. The application window opened on October 1, 2020. Please refer to the County's homepage at smcgv.org to learn more about the program and how to apply.



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 Oct. 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.
- **San Mateo County Immigrant Relief Fund** at <https://missionassetfund.org/immigrant-families-grant-sm>.
- **Housing Industry Foundation's Emergency Housing Fund** at <https://www.hifinfo.org/hifstrong>.
- **COVID-19 Resource Page for Residents & Small Businesses** at 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 smcgv.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.
- **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.

Organization Spotlight: Mental Health Association of San Mateo County

Organization Stands Up New Support Program for County Residents Needing to Isolate or Quarantine

San Mateo County has long partnered with the Redwood City-based Mental Health Association (MHA) to empower and support residents to live their best lives. When County Health sought a partner to support individuals needing to isolate or quarantine due to testing positive for COVID-19 or coming in close contact with someone who contracted the disease, MHA quickly mobilized a program to support county residents in removing any barriers to safe isolation.

In the program's first two weeks, referrals from the County Health Communicable Disease team that is following up with every COVID-19-positive case have increased from three per day to 10 per day, already reaching more than 160 household members of those referred.

Knowing COVID-19's significant impact on our lowest-income residents, especially those working in lower-wage, front-line roles and often living in crowded housing situations that include multi-generational family members, this deeper support strives to buffer the inequitable burdens that some residents are shouldering, revealing long-standing barriers to health. MHA's bilingual case managers engage trustfully in clients' preferred languages to address needs such as grocery delivery, economic relief and obtaining over-the-counter medications.

The County's pathways to Alternative Housing Sites for those who cannot safely isolate at home are additional critical resources for our most vulnerable populations. The County thanks MHA for its collaboration.

Any resident who learns they are positive and has trouble isolating should call 211 to be connected to the appropriate resources.

Learn more about MHA at www.mhasmc.org

Behind on Rent Due to COVID-19?

AB 3088 is a new state law that provides some protections. Two steps to *prevent eviction* for rent debt:



1 By January 31, 2021 you must pay at least 25% of the rent for the period of September 1, 2020 through January 31, 2021.

When you make a payment, write on the check or money order that the payment is for the current month of rent, and include a letter instructing the landlord to apply the rent to the current month. A letter template is available at www.legalaidsmc.org/covid19

2 Provide a signed Declaration of COVID-19-Related Financial Distress to your landlord.

If your landlord serves a written demand for payment with a Declaration form, sign and return the form within 15 days. You do not have to wait for the landlord to demand the rent and serve the form to you. You may use the AB 3088 "Declaration of COVID Financial Distress" form found at www.legalaidsmc.org/covid19

AB 3088 has many other provisions about debt collection and other types of evictions.

If you need legal advice, call (650) 517-8911 to schedule a free consultation.



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.