



# #ComeTogetherSMC

Newsletter | November 2020

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

## San Mateo County at Red Risk Level, Next Goal is Orange

County risk level	Adjusted cases	Positivity rate
<b>WIDESPREAD</b> Many non-essential indoor business operations are closed	<b>More than 7</b> Daily new cases (per 100k)	<b>More than 8%</b> Positive tests
<b>SUBSTANTIAL</b> Some non-essential indoor business operations are closed	<b>4-7</b> Daily new cases (per 100k)	<b>5 - 8%</b> Positive tests
<b>MODERATE</b> Some indoor business operations are open with modifications	<b>1 - 3.9</b> Daily new cases (per 100k)	<b>2 - 4.9%</b> Positive tests
<b>MINIMAL</b> Most indoor business operations are open with modifications	<b>Less than 1</b> Daily new cases (per 100k)	<b>Less than 2%</b> Positive tests

California continues to follow the Blueprint for a Safer Economy, a statewide plan for living with COVID-19 for the long haul.

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. At a minimum, counties must remain in a tier for at least three weeks before moving forward.

While the County of San Mateo started at the most severe ranking of Purple, in late September we moved to Red and remained there at the time this edition of the newsletter was published. We continue to make positive progress in our fight against COVID-19. Our next goal is to move to the Orange tier and then Yellow.

# Think Twice About Holiday Gatherings!

We know the holidays are approaching, and we are all eager to get together with family and friends to celebrate. However, social gatherings are one of the highest-risk activities that contribute to the spread of COVID-19!



### Limit Family Gatherings During COVID-19

You may think it's harmless to have family gatherings now, but here's why you should think twice:

1

**Family Gatherings Increase Person-to-Person Contact.**  
Most often, the virus is spread with close contact. At a gathering, everyone's risk goes up.

2

**Protect Your Loved Ones!**  
Family elders and those with health conditions are more likely to get very sick or need to be hospitalized if they get COVID-19. Everyone can help protect them.

3

**Better to Be Safe than Sorry.**  
Even people who look healthy can be infected and spread the virus. That's why it's important to stay away from people outside of your household, even if they don't look sick.

4

**Your Household is Only Those You Live With.**  
Limit gatherings to people who live in your home. To be safest, other family and guests should not visit for any reason.

We may be apart, but we can still connect. We can be social, just in different ways. With phone calls or video chat, we can support each other, laugh together, and check on our loved ones.

[www.smcgov.org](http://www.smcgov.org)  
#ComeTogetherSMC  
@Smc\_CommAffairs

Adapted with permission from SAVE Lives, Santa Cruz County

# Pandemic Recovery Framework for Schools

The San Mateo County Pandemic Recovery Framework for Schools provides school leaders with the health, education, and legal guidance needed to develop local plans for a safe return to on-campus instruction and learning after campus closures in response to community spread of COVID-19.

San Mateo County Superintendent of Schools Nancy Magee expressed her confidence that if schools follow the Four Pillars carefully, they should be able to minimize the impact of COVID-19 in their school communities. Magee said she expects that the reopening process for schools will be gradual and that some districts may continue in distance learning through the end of the semester. It's important to note that for grades 7-12, waiver applications do not apply.

You can view the framework at [www.smcgov.org/other/for-administrators/school-recovery-planning.html](http://www.smcgov.org/other/for-administrators/school-recovery-planning.html).

## Safe Return to School

Health & Hygiene

Face Coverings

Physical Distancing

Limiting Gatherings

# COVID Testimonial:

The virus has taken a physical, emotional and financial toll on one Redwood City resident



For this month's edition, we interviewed Fernando G., a Redwood City community member who had COVID-19. He is a carpenter who works in the Peninsula.

### How has COVID-19 affected you and/or your family?

The virus affected us very badly, both physically and emotionally. I, personally, for two days believed that I was going to die due to a lack of oxygen and fevers of over 105 degrees, as well as my father-in-law and one of my children. But thanks to God we overcame it.

### How do you stay positive during these times?

I keep myself positive by praying and asking God to bless all humanity, and by maintaining my faith in God and all the scientists. Hopefully, they find the cure to fight this terrible virus soon.

### What has been the most difficult aspect of this pandemic?

The most difficult aspect for me in this pandemic was when we learned that everyone in my family was positive for COVID-19, and when my children asked me if we would all die. Also, the economic situation that I

faced, since I was out of work for eight weeks. Believe me, it's been the hardest days of my life.

### What is the message you want to convey to your community about how to stay safe during COVID-19?

The message I give everyone is to follow the instructions from the health department. Stay home, wear a mask if you are going to go out, but make sure all members who live under the same roof wear a mask too, because if one person in the family doesn't wear one, it's enough for everyone to get infected. This happened to my sister and her family. Everyone wore masks except for one of them, and that almost cost my sister her life. She spent ten days in intensive care, between life and death. Please wear a mask, wash your hands frequently, and always maintain social distance. Take care and may God protect you from this terrible virus.

**Clarification:** The COVID testimonial featured in the October edition of this newsletter incorrectly stated a community member's husband was forced to leave the hospital due to a shortage of beds. The County of San Mateo has never experienced a shortage of beds in any of its hospitals.

# Have You Spotted Our Mask Mobile in the Community?

Last month, we highlighted our Office of Community Affairs' Community Crew, comprised of our outreach team, and how they are helping slow the spread of COVID-19 by handing out to our communities FREE face masks and COVID-19 resource guides. Now they are easier to spot in the community as they roll around in a colorfully wrapped van, dubbed the "Mask Mobile!"

The Mask Mobile is making rounds to various cities on the Peninsula, sharing COVID-19 resources in multiple languages and distributing face coverings and cleaning supplies, while they last.


Follow us on Twitter at [twitter.com/SMC\\_CommAffairs](https://twitter.com/SMC_CommAffairs) and on Instagram at [instagram.com/smc\\_commaffairs](https://www.instagram.com/smc_commaffairs) for resources, updates, and locations near you!





# Resources to Help You Through the Pandemic

In response to COVID-19, multiple Internet Service Providers have made updates to their low-cost internet service programs to ensure individuals and families stay connected to the internet during this difficult time. Visit [everyone.org/smc](http://everyone.org/smc) for more information.




## Home Internet

**Only \$10-\$20 a month**  
For a limited time some providers are offering 2 months free.


You may qualify for affordable, Home Internet if you are participating in one of the following programs:

- Child Enrolled in the NSLP (National School Lunch Program)
- CalFresh (food stamps) or Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Security Income (SSI)
- Medi-Cal
- Or Have a Household Income Under \$40,000/year


To determine which of the Internet providers serves your area enter your zip code at this site: [www.everyoneon.org/smc](http://www.everyoneon.org/smc) It will list your choices and you can call the companies in your area.



human4T  
888-519-4724  
\$15/mo





access  
855-220-5211  
\$10/mo  
2 months free of Access for a limited time



COMCAST  
855-846-8376  
\$9.99/mo  
2 months free of Essential for a limited time

For more information scan the QR code using your mobile device camera.



## 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. This program is currently available until Nov. 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.
- San Mateo County Immigrant Relief Fund** at <https://missionassetfund.org/immigrant-families-grant-sm>.
- COVID-19 Resource Page for Residents & Small Businesses** at [cmo.smcgov.org/covid-19-resources](http://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](http://smcgov.org/food).
- San Mateo County COVID-19** data at [smchealth.org/coronavirus-health-data](http://smchealth.org/coronavirus-health-data).

## Expanded Neighborhood No-Cost COVID Testing

The County of San Mateo has recently expanded COVID-19 testing opportunities for residents, including additional mobile operations and targeted testing in high-risk areas. Testing is offered at no cost to residents (though medical insurance may be billed when available) regardless of immigration status, and you do not need a doctor's note.

Verily's Project Baseline COVID-19 Testing Program offers testing Tuesdays through Saturdays at the San Mateo County Event Center from 8 a.m. to 3 p.m. There is also a rotating mobile testing operation serving the communities of Half Moon Bay, Daly City, San Bruno, East Palo Alto and North Fair Oaks/Redwood City. Visit the County's COVID-19 Testing page at [www.smcgov.org/testing](http://www.smcgov.org/testing) for the mobile site locations and hours of testing. Testing is available for adults ages 18 and older. To make an appointment for the Event Center or a mobile site, visit [projectbaseline.com/COVID19](http://projectbaseline.com/COVID19). Appointments are available up to seven days in advance, and a Gmail account is necessary for booking. Remember to bring your photo ID and the reference ID from your confirmation email to your appointment.

If you don't have access to the internet, an on-site volunteer may be able to help you register and get tested.

Working with cities and local partners, the County is also providing testing to local communities at pop-up neighborhood testing sites in priority locations as identified by Public Health. Some residents may receive information about the availability of such sites through targeted outreach in their neighborhoods and communities. The pop-up neighborhood testing sites allow for children ages 5 and older to get tested. Each site is tailored to the needs of the focus neighborhood, so review specific site offerings in any outreach materials you may receive.

Most results are returned within 72 hours. If you test positive during this difficult time, a contact tracer with San Mateo County Public Health will contact you with instructions on home isolation and other ways you can keep your family and loved ones safe. For those who need support during the isolation period, your contact tracer will refer you to free services available from the County for you and your family during your recovery, such as food, housing and financial resources.

Immigration status does not affect eligibility.

In the event you or a loved one tests positive, home isolation instructions are available in multiple languages.

# Get Your Flu Shot

## Protecting Yourself This Flu Season

To prevent a "twindemic" of COVID-19 and seasonal influenza (flu), San Mateo County Health is urging everyone over the age of 6 months to get a flu shot to protect themselves and their

loved ones. Flu vaccination is part of a comprehensive public health strategy not only to reduce the burden of flu but also to preserve health care resources for care of patients with COVID-19. It takes a couple of weeks after vaccination for the body to build an immunity, so it's best not to delay getting a shot. Contact your medical provider for the flu vaccine or find a vaccine near you at [vaccinefinder.org/find-vaccine](http://vaccinefinder.org/find-vaccine). It is also available at some retail pharmacies and stores. Call first to check vaccine availability.

## What is the Difference Between Influenza (Flu) and COVID-19?

Because symptoms of the flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between them.


## Flu Versus COVID-19: What You Need to Know




COVID-19: New coronavirus called SARS-CoV-2. Flu: Influenza viruses.

### SYMPTOMS


#### COVID-19 and FLU




Fever or feeling feverish/chills




Cough




Shortness of Breath




Fatigue




Sore Throat




Runny/stuffy nose




Muscle pain/body aches



Headache



Vomiting/diarrhea in some people



Loss of Smell & Taste

**COVID-19 Only**

### SYMPTOM ONSET

(from exposure to onset of symptoms)

COVID-19 and FLU:	FLU:	COVID-19:
As short as 1 day	As long as 4 days	As long as 12 days


### CONTAGIOUSNESS

(days you are contagious)


FLU:	COVID-19:
» 1+ day <i>before</i> signs/symptoms	» As much as 3 days <i>before</i> signs/symptoms first appear
» 3-4 days and up to 7 <i>after</i> signs/symptoms (most contagious for older children/adults)	» 10 days <i>after</i> signs/symptoms first appear
» Longer for Infants/people with weakened immune systems	» 10 days <i>after</i> testing positive for asymptomatic.
	<i>Contagiousness is still under investigation.</i>

### HOW IT SPREADS


#### COVID-19 and FLU:




Person-to-person via close contact (within 6 feet)



Droplets from coughing, sneezing or talking that land on mouths/noses or inhaled into lungs




Touching surfaces/objects with virus and touching face (eyes, mouth) with unwashed hands



Spread by those showing symptoms, with very mild symptoms or with no symptoms at all

### COMPLICATIONS

#### COVID-19 and FLU:



- » Pneumonia
- » Respiratory failure
- » Acute respiratory distress syndrome
- » Sepsis
- » Cardiac injury (heart attack, stroke)
- » Multiple organ failure (respiratory failure, kidney failure, shock)
- » Worsening of chronic medical conditions (lungs, heart, nervous system, diabetes)
- » Inflammation of heart, brain or muscle tissues
- » Secondary bacterial infections

#### COVID-19 Only:

- » Blood clots in veins and arteries of lungs, heart, legs or brain
- » Multisystem Inflammatory Syndrome in Children (MIS-C)