



NEWS

Dec. 3, 2020

For Immediate Release

Update on County Response to COVID-19: Bay Area Avoids New Regional Stay-Home Order; Great Plates Delivered Extended; County Manager Media Briefing; Testing and Case Count

Redwood City – The County of San Mateo continues to work to protect public health and safety in response to the novel coronavirus known as COVID-19.

The County of San Mateo’s Emergency Operations Center (EOC) remains open to coordinate countywide response and communications in response to the situation. The EOC’s Joint Information Center will provide status reports every Tuesday and Thursday until further notice. Today’s report:

Bay Area Avoids New Restrictions on Activities, Travel – For Now

California Gov. Gavin Newsom today announced a new regional-based framework for applying restrictions on activities and non-essential travel to stop the spread of COVID-19.

Under the state’s new “[Regional Stay Home Order](#),” fresh restrictions go into effect within 48 hours in regions with less than 15% intensive care unit (ICU) capacity. The new order does not immediately impact the Bay Area region, which includes the counties of San Mateo, Alameda, Contra Costa, Marin, Monterey, Napa, San Francisco, Santa Clara, Santa Cruz, Solano and Sonoma.

The state, however, projects the Bay Area region could fall below the 15% threshold by mid- to late-December. The other four regions of the state (defined as Northern California, Greater Sacramento, San Joaquin Valley and Southern California) are projected to fall below the ICU threshold possibly within days.

Once triggered, the order would be in effect for 3 weeks and instructs Californians to stay at home as much as possible to limit the spread of COVID-19. It prohibits private

gatherings of any size and closes or imposes capacity restrictions at many businesses except for critical infrastructure.

It allows travel for critical services such as visiting the doctor and shopping for groceries and allows most outdoor activities to preserve Californians' physical and mental health. This limited closure is intended to stop a [statewide surge](#) in COVID-19 cases and prevent overwhelming regional ICU capacity.

County Health and other local officials are closely monitoring the situation and will update residents if the region's status changes.

Great Plates Delivered Program Continues through Jan. 7

The Great Plates Delivered San Mateo County program will continue providing daily prepared meals through Jan. 7 to qualifying senior community members helping to keep them nourished and reducing the need to leave home to access meals.

Great Plates has been delivering meals prepared by local restaurants since May to older adults in San Mateo County who are at heightened risk due to COVID-19 and are unable to obtain or prepare meals.

If you are 65 and older, or age 60-64 at high-risk from COVID-19, are COVID-19 positive or have been exposed to COVID-19, and live alone or with one other eligible adult, you might be eligible. To see if you qualify, call (800) 675-8437 or visit <https://www.smcgov.org/food>.

Be Kind to Your Mind

This year has affected all of us in different ways. But there's one thing that keeps San Mateo County strong: a sense of community. That's why Headspace and San Mateo County Behavioral Health and Recovery Services are working together to provide free resources that can help residents weather this storm.

Sign up to access [Headspace](#) meditations, sleep sounds, and movement exercises designed to help you care for your mind — all free through August 2021 if you live, work or go to school in San Mateo County. Because in times like these, a little support goes a long way.

Assessing COVID-19 Impacts on LGBTQ+ Community

The San Mateo County Pride Center and Stanford University are partnering to learn the impacts COVID-19 has had on the LGBTQ+ community in San Mateo County.

Information collected through an anonymous and brief survey, which takes between 5-7 minutes, will help identify the unique challenges that COVID-19 has posed for LGBTQ+ communities and guide implementation of sustainable and substantial change.

Participants have the option of entering a drawing for a limited number of \$50 Target gift cards. The survey will be open through Dec. 4. and can be completed at tinyurl.com/SMPC-COVIDsurvey.

This survey is administered in partnership with the LGBTQ Collaborative -- the San Mateo County Pride Center, San Mateo County PRIDE Initiative, San Mateo County LGBTQ+ Commission, Office of Diversity & Equity (ODE) -- and Stanford University.

County Manager's Media Briefing on YouTube

The Dec. 2, 2020, media briefing on the County of San Mateo's response to COVID-19 hosted by San Mateo County Manager Mike Callagy can be viewed at <https://youtu.be/qIvAcBWezRs>

Subscribe to the County's YouTube channel at <https://www.youtube.com/user/sanmateocountygov>

COVID-19 Testing Available throughout County for Adults and Children

Safe, easy and no-cost testing is widely available at County-sponsored locations for everyone who works or lives in San Mateo County — regardless of symptoms.

Follow these steps to see how to get a COVID-19 test:

- San Mateo County residents should first contact their health care provider for a COVID-19 test.
- If you cannot get a timely test through your health care provider, please select from the testing options listed below for a no-cost (free) COVID-19 test at a County-sponsored location.
- Once you select the best option for you, make an appointment. Appointments at ALL TEST SITES are STRONGLY encouraged as there is no guarantee you will be seen without one.
- Remember to bring your photo ID and the reference ID from the confirmation email to your appointment.

Testing for Children and Adults

Testing for children ages 5 to 17 as well as adults is available at the San Mateo County Event Center and at the Jefferson Union High School District office in Daly City. Testing is available at no cost to you, but insurance may be billed. Learn more about testing dates and the process [here](#) and register for an [appointment](#).

Testing for Adults

Appointments are available Tuesdays through Saturdays, 8 a.m. to 3 p.m., at the San Mateo County Event Center. [Make an appointment](#)

Testing for COVID-19 is also available at mobile operations that rotate among five communities Monday through Friday for everyone 18 and older who lives or works in San Mateo County

See the schedule and make an [appointment](#) at least seven days in advance for one of the sites listed below:

- Daly City
- East Palo Alto
- Half Moon Bay
- North Fair Oaks/Redwood City
- San Bruno
- San Mateo

Information on testing options, including at the San Mateo Event Center, Jefferson Union High School District Office, and at neighborhood mobile sites in San Mateo County, can be found at <https://www.smcgov.org/testing>.

Remember: If you don't have access to the internet, an on-site volunteer may be able to help you register and get tested. The County STRONGLY recommends advance registration as you cannot be guaranteed a test otherwise.

San Mateo County COVID-19 Case Count

San Mateo County Health has updated the number of positive cases to 15,040 as of Dec 2, 2020.

County Health provides detailed information on cases by age group and date and deaths by age group. Learn more at <https://www.smchealth.org/coronavirus>

Call Center

Residents with non-medical, non-emergency questions about the coronavirus can call 211 or 800-273-6222 at any time, day or night. Callers from landlines and cellular telephones located within San Mateo County are connected with a trained service professional from 211, a confidential service available in 180 languages.

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