



#ComeTogetherSMC

Newsletter | January/February 2021

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

Effective with this edition, this newsletter will publish every two months.

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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.

Latest COVID-19 Guidelines: Stay-at-Home Order Lifted, County at Purple Risk Level

SAN MATEO COUNTY IS AT

Purple
RISK LEVEL

Allowed Indoors

- ▶ All retail indoors (max 25% capacity)
- ▶ Shopping centers, malls (max 25% capacity, common areas closed)
- ▶ Hair salons, barbershops (indoor with modifications)
- ▶ Personal care services, nail salons (indoor with modifications)

Allowed Outdoors

- ▶ Restaurants
- ▶ Bars, breweries, distilleries where meals are provided
- ▶ Museums, zoos and aquariums
- ▶ Places of worship
- ▶ Movie theaters, family entertainment centers
- ▶ Gyms and fitness centers

6ft

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

Stay diligent & follow safety guidance: keep your distance, wear your face mask, self-quarantine if you've been exposed, and get tested.

For more information, visit smcgov.org

COUNTY OF SAN MATEO

On Jan. 25, the state lifted the regional stay-at-home order across the state, allowing local businesses to expand some indoor and outdoor operations. Outdoor dining and personal services in San Mateo County were able to resume, with required modifications, and the County did not impose additional local restrictions, remaining in alignment with the state.

The County emerged from stay-at-home restrictions at a Purple Risk Level (Tier 1), under the state's four-tier, color-coded system for loosening and tightening restrictions. The Purple Risk Level is the most restrictive as the COVID-19 virus is considered "widespread" in the community. The state lifted the order as the Bay Area's four-week intensive care unit (ICU) capacity projections were above 15 percent, the threshold that allows regions to exit the order. The Limited Stay-at-Home Order, which limits non-essential activities between the hours of 10 p.m. and 5 a.m., expires with the Regional Stay-At-Home Order ending. To help limit the surge in COVID-19 cases, follow recommendations issued by San Mateo County Health:

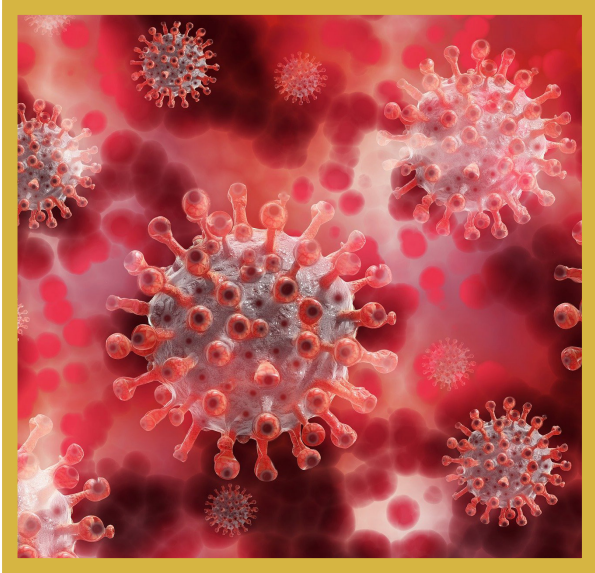
- Always wear a mask in public, especially when talking.
- Mask — Isolate — Self-Quarantine — Test (MIST) immediately as symptoms develop or after an exposure. To get tested for COVID-19, call your health care provider or visit smcgov.org/testing.

Also, remember, the County of San Mateo continues to abide by the state's Blueprint for a Safer Economy. Visit <https://covid19.ca.gov/safer-economy> for the latest guidance.

Plan for Preventing Spread of COVID, Reducing Disparate Impacts

Significant disparities exist in San Mateo County that affect low-income residents and communities of color. Deep and longstanding social and economic factors are at the root of these issues, and COVID-19 has exacerbated these inequities. For example, in San Mateo County, **Latinx represent 24% of the total population but represent 46% of the COVID-19 cases** (as of December 2020). While there is more that needs to be understood, the pandemic response must continue to **target all low-income residents and communities of color with a tailored, culturally competent approach**.

Check out the County's plan for preventing the spread of COVID-19 and reducing disparate impacts at www.smchealth.org.



County COVID-19 Vaccination Plan

San Mateo County Health has submitted its COVID-19 Mass Vaccination Plan to the California Department of Public Health. The intention of this plan is to help prepare local health jurisdictions for the phased implementation of the COVID-19 vaccine in their communities. Find the vaccination plan at <https://www.smchealth.org/covid-19-vaccination>.



COVID-19 VACCINE IS HERE

STAY INFORMED. KEEP WEARING YOUR MASK.

- Validated by the nation's top medical experts to be safe and effective
- Provided at no cost
- Phased distribution plan based on risk and level of exposure
- Widely available later in 2021

covid19.ca.gov/vaccines



A Message from the COVID-19 Front Lines



Rebecca Guzman (left), nurse practitioner at Fair Oaks Health Center, and her family at their Redwood City home.

Dear Residents,

As we think about protecting our families during the COVID-19 pandemic, I wanted to share a little of my story with you. My family shares a duplex house in Redwood City with my parents, who are in their 70s. Their age means they have a greater chance of getting sick from the coronavirus. The disease could also kill them.

I had my second child a few months before the shelter-in-place order. My parents have not been able to hold their grandchildren for months, and it has been painful for us to keep our distance from each other.

I am a nurse practitioner at the Fair Oaks Health Center in Redwood City. As a medical professional, working in a high-risk environment, I understand the pain the coronavirus has caused our community. Families aren't able to celebrate birthdays together, kids can't play with their cousins, and many of us have relatives who have gotten sick with COVID-19. When I see patients with challenges like mine, I know how they are feeling. But we need to do everything we can to keep our families and our community safe. That means avoiding groups, wearing face coverings and

practicing social distancing. Going to a party in someone's backyard, even having friends over for dinner, has the potential to spread the disease.

If you test positive, a member of our contact tracing and care navigation team will call you, not only to talk about your recent close contacts but also to talk about how we can help support you and your family if you need to isolate. You may be eligible for financial support, housing and meals at a hotel, or food delivery and care for loved ones while you isolate at home. **For information about testing, please go to smcgov.org/testing or call 2-1-1.**

I look forward to the day when my family can celebrate joyous occasions together in person. Until then, we're going to celebrate family birthdays via Zoom and FaceTime. My kids will see their grandparents from a distance, and the rest of my family will have to wait to meet our new baby.

We can keep our families and friends healthy and safe if we take steps like these. And one day, we can celebrate together again.

Sincerely,
Rebecca Guzmán, NP
Fair Oaks Health Center

Stay Up on Latest COVID-19 Data Via County Dashboard

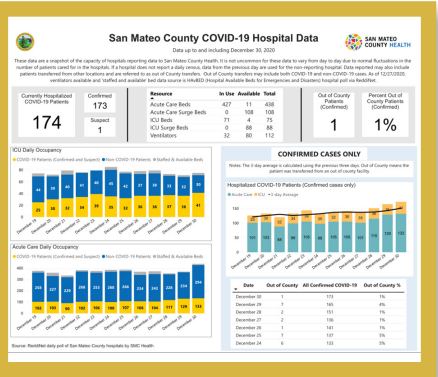
San Mateo County is experiencing among the highest level of cases we have seen since the pandemic's beginning and the epidemiological curve shown on the dashboard clearly shows a third wave of cases for which collective actions are necessary.

The dashboard details the number of COVID-19 cases and deaths within San Mateo County, including by day, age, race/ethnicity and sex of patients. A case is someone who tests positive for COVID-19 using viral testing performed in a lab.

View the dashboard at www.smchealth.org/data-dashboard/county-data-dashboard.

Hospital Data Available Through County Dashboard

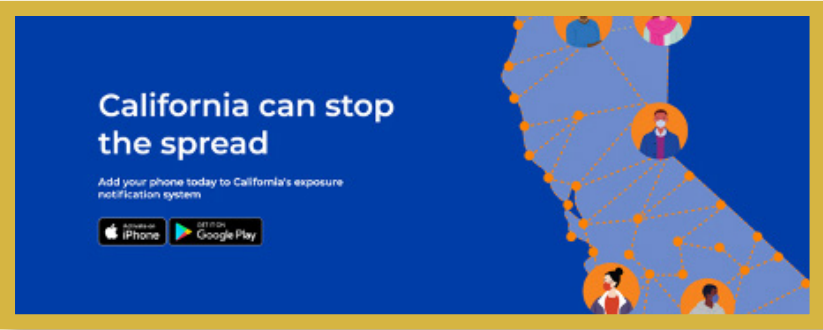
This dashboard provides information on the number of hospitalized patients with confirmed or suspected cases of COVID-19, as well as current occupancy and availability of intensive care unit beds, acute hospital beds and ventilators across San Mateo County. This data is provided by hospitals and may vary greatly day to day, as discharges, transfers, and deaths of patients occur throughout the day. View hospital data at www.smchealth.org/data-dashboard/hospital-data.



COVID-19 Resources

Receive COVID-19 Exposure Notifications Directly to Your Phone

Californians are now able to receive cell phone notifications informing them if they have been exposed to someone who has tested positive for COVID-19, so they can take immediate actions around quarantine and testing. Californians with iPhones can enable CA Notify in their settings, and Android phone users can download the CA Notify app from the Google Play Store to immediately start receiving exposure alerts on their phones. Use of the technology is completely voluntary, private and secure. CA Notify does not collect the location of a phone or individual to detect exposure, and it does not share a user's identity. Californians opt in to use the tool and may choose to opt out at any time. Learn more at <https://canotify.ca.gov>.



Additional 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 Feb. 6, 2021. 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.smcgov.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 smcgov.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: smhealth.org/coronavirus-health-data

She Had COVID – And Has a Message for You



We interviewed Evelin R., a Redwood City community member who had COVID-19, to talk about her experience with the virus. She has been in the house cleaning business for 14 years.

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

The virus, COVID-19, greatly affected my family. It clearly affected us financially, but it also has had a very big effect on our mental health. Sometimes stress has led us to a devastating point. Not having anything to eat broke our hearts. Fortunately, the community center provided us with great support.

How do you stay positive during these times?

The support of my family and others has helped me stay positive all the time because I know I'm not alone. The care of my children and my husband gives a feeling of peace and tranquility in these times.

What has been the most difficult aspect of this pandemic?

I want to stress that the hardest thing about this is having horrible thoughts, like the possibility of dying and being afraid to lose what I love most, which is my family.

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

My message is to protect yourself when you go out and take all the necessary measures to protect your family and the community because I don't wish for anyone to go through an experience like this. Avoid going out in crowds and try to have everything clean, as best as possible. I know it can look excessive, but I was very careful of that at first. I would clean my whole house with sanitizer, but I let my guard down. Even if it seems extreme, never stop cleaning.

Organization Spotlight: Thrive

The San Mateo County Office of Community Affairs recently launched an initiative in partnership with Thrive, the alliance for San Mateo County nonprofits, and 33 trusted community organizations to ensure the community has ready access to current important information during the COVID-19 pandemic.

Thrive (thrivealliance.org), is a robust, trusted network of 200+ nonprofit organizations, government entities, foundations, businesses, and community leaders with a shared commitment to strengthening the nonprofit sector, thereby improving the quality of life in San Mateo County.

During the last year, Thrive has partnered with regional organizations, as well as the County of San Mateo, to provide leadership

during recovery efforts and to address the uncertainty and fear that COVID-19 has imprinted on the community. Part of this work has included being a part of the COVID-19 Community Action Teams (CCATs), which is comprised of 33 community organizations. Thrive serves as the CCAT lead and as a central hub for the organizations, as they work to keep our community safe during the pandemic, providing timely, culturally competent messaging throughout San Mateo County about how to stay safe and healthy.

Many CCAT members have been tirelessly distributing food in person to those in need, and all CCAT organizations are implementing social media outreach using the Office of Community Affairs' weekly social media timeline. Others are

offering testing facilities, testing information, and overall support for individuals who are in need of COVID tests. Each organization has also been responsible for the distribution of PPE in their specific regions, and each organization has been involved in some form of community outreach.



COVID-19 Outreach Funded Partners

34 Total Funded Partners

Bay Area Community Health Advisory Council
Building Skills Partnership
Casa Circulo Cultural
City of San Bruno
Coastside Adult Day Health Center
Coastside Farmers' Market
Daly City Partnership
El Centro de Libertad
El Concilio of San Mateo County
East Palo Alto Center for Community Media
Family Connections
HealthWays
Heart and Soul, Inc.
Institute for Human and Social Development
International Rescue Committee
North East Medical Services
Nuestra Casa de East Palo Alto
Pacifica Resource Center

Peninsula Conflict Resolution Center
Peninsula Family Services
Peninsula Volunteers
Puente
Ravenswood Family Health Network
Self-Help for the Elderly
Senior Coastsiders
Siena Youth Center of the St. Francis Center
San Mateo County Libraries
San Mateo County Union Community Alliance
South San Francisco Library
StarVista First Chance
Support Life Foundation
Taulama for Tongans
Thrive Alliance
YMCA Silicon Valley