



# COVID-19 Guidelines: ELECTED OFFICIALS

MARCH 9, 2020

## For You To Know Right Now

*Yolo County's Health Officer strongly recommends that all community organizations, schools, religious organizations, other entities and event planners cancel any non-essential **mass gatherings or large community events** starting on March 10, 2020. The Yolo County Health Officer will reassess this recommendation on or before April 1, 2020.*

### BACKGROUND & CONTEXT

Yolo County is working with the California Department of Public Health (CDPH) in monitoring COVID-19 and providing guidance and resources to prevent, detect and respond to the occurrence of COVID-19 cases in Yolo County and California. All organizations hosting events should prepare for possible impacts of event cancellations due to COVID-19 and take precautions to prevent the spread of COVID-19 as well as other infectious diseases, including influenza. We are now seeing cases of COVID-19 that represent community spread.

### STRATEGIES IMPLEMENTED IN YOLO

The goals of the Health Officer's recommendations are:

- 1) To protect people attending and working at large gatherings in the local community from contracting COVID-19; and
- 2) To reduce community transmission and introductions of COVID-19 into new communities.

**Mass gatherings and large community events** bring people from multiple communities into close contact with each other and have the potential to increase COVID-19 transmission. **Mass gatherings are events** where large numbers of people are within an arm's length of one another for an extended period of time. Mass gatherings may include: religious services, sporting events, plays, music concerts, assemblies, and conferences.

One method to slow the spread of respiratory virus infections, including COVID-19, is by increasing **social distancing** (reduce close contact), especially for the more susceptible or immuno-compromised populations. **Social distancing** also helps prevent our healthcare system from becoming rapidly overwhelmed.

## STRATEGIES PEOPLE CAN USE TO PROTECT THEMSELVES

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. Most of the strategies people can implement to protect themselves and their families comes down to simple and easy techniques or steps:

- Washing hands with soap and water.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying away from work, school or other people if sick with respiratory symptoms like fever and cough.
- Do not smoke or vape any products.
- Follow guidance from public health officials.

## WHAT PEOPLE SHOULD DO IF THEY THINK THEY ARE SICK

### Call a Health Care Provider

- Call their health care provider. Health care providers will provide them with guidance on if/when they should come to the office and what precautions should be taken.

### Stay Home

- Stay home until they are free of fever and other symptoms for at least 24 hours.

### Wear a Facemask if Sick

- Wear a facemask when they are around other people (e.g., sharing a room or vehicle) or pets and before they enter a healthcare provider's office.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).
- CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19, if they are not sick.

## Vulnerable Populations

The risk of severe disease from COVID-19 escalates as age increases, with persons over age 80 in the highest risk category. Regardless of age, people with chronic health conditions such as cardiovascular disease, cancer, heart disease, or lung diseases such as COPD, as well as those with severely weakened immune systems are also at high risk of complications. People at higher risk should consider staying home and away from crowded social gatherings where people are within arm's length of one another. For example, avoid parades, conferences, sporting events, and concerts.

## Quarantine

As we shift from containment to mitigation efforts in counties where there is community transmission of COVID-19 it is no longer necessary for someone who has been in contact with someone with COVID-19 to quarantine for 14 days if they do not have any symptoms. This applies to the general public, as well as health care workers and first responders. However, they should self-monitor for respiratory symptoms and fever. Should they have any symptoms, they should stay home in order to protect those who are well.

## Clean all “High-Touch” Surfaces Everyday

- Practice routine cleaning of high touch surfaces. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Review [disinfection guidance \(https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html).



## Monitor Symptoms

- Seek medical attention if illness is worsening.
- Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for COVID-19.
- Put on a facemask before you enter a healthcare facility. This step will help the healthcare provider’s office from getting infected or exposed.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## STRATEGIES FOR SCHOOLS AND COLLEGES

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. Schools and colleges who have a COVID-19 exposure or case should make decisions about closing or other actions in collaboration with their local health department. Schools and educational institutions are strongly recommended to cancel large gatherings such as assemblies, conferences, sporting events, etc. Schools should also follow the guidance posted by the California Department of Public Health (CDPH).

Review and update emergency operations plans, including continuity plans for education.

- Send students, faculty, and staff who present with fever and/or respiratory infection symptoms home immediately. Separate the individual as much as possible from others.
- If the institution is a college or university and the individual resides in a group setting, make arrangements for the individual to be placed in a private room and bathroom.
- Encourage flu vaccine for those who have not taken it this season.
- Develop a communications plan to use with the campus community.
- Contact your public health department immediately if you notice any concerning clusters of respiratory disease or spikes in absenteeism.
- Encourage all students, faculty, and staff to take everyday preventive actions, including staying home when sick, covering cough with a tissue or sleeve, and washing hands frequently.
- Enhance cleaning consistent with CDC guidance.
- Faculty and staff with any fever and/or respiratory infection symptoms should not be at work. Faculty and staff should self-screen (check themselves for symptoms) each morning before interacting with students.
- Ensure sick leave policies allow faculty and staff to stay home if they have symptoms of respiratory infection.
- Limit visitors to the campus by not allowing those with symptoms of fever and/or respiratory infection or who have a travel history over the course of the last 14 days.
- Develop communication plans for campus closure to include outreach to students, faculty, staff, and the community.
- Provide guidance to students, faculty and staff reminding them of the importance of community social distancing measures.
- Consider developing a plan for continuity of education, medical and social services, and meal programs and establish alternate mechanisms for these to continue.
- Maintain regular communications with the local public health department.



## STRATEGIES FOR BUSINESS AND EMPLOYERS

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. In addition to canceling any non-essential mass gathering or large community events, businesses and employers should consider implementing telecommuting options for their employees (when feasible), minimizing the number of employees working within arm's length of each other, and following the interim guidance from the Centers for Disease Control and Prevention (CDC) for business and employers:

### Actively Encourage Sick Employees to Stay Home:

- Employees who have symptoms of respiratory illness are recommended to stay home until they are free of fever and any other symptoms for at least 24 hours.
- Employees who appear to have respiratory illness symptoms upon arrival to work or become sick during the day should be sent home immediately.
- Ensure that your sick leave policies are flexible and that employees are aware of these policies.
- Do not require a healthcare provider's note for employees who are sick with respiratory illness. Healthcare providers may be extremely busy and not able to provide timely documentation.
- Employers should be aware that more employees may need to stay at home to care for sick children or other sick family members than is usual.

### Emphasize Staying Home When Sick, Respiratory Etiquette and Hand Hygiene:

- Place posters that encourage [staying home when sick](#), [cough and sneeze etiquette](#), and [hand hygiene](#) at the entrance to your workplace and in other areas where they are likely to be seen.
- Instruct employees to clean their hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, or wash their hands with soap and water for at least 20 seconds.
- Provide soap and water, alcohol-based hand rubs, tissues, and no-touch disposal receptacles.

### Perform Routine Environmental Cleaning:

- Routinely clean all frequently touched surfaces in the workplace. Use the cleaning agents that are usually used in these areas and follow the directions on the label.
- Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each use.

### Advise Employees Before Traveling to Take Certain Steps:

- Check the [CDC's Traveler's Health Notices \(http://www.cdc.gov/travel\)](http://www.cdc.gov/travel) for the latest guidance and recommendations.
- Advise employees to check themselves for symptoms of [respiratory illness \(https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html\)](https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html) before starting travel. Employees who become sick while traveling or on temporary assignment should promptly call a healthcare provider if needed, and should follow company policy for medical care.

## STRATEGIES FOR SPORTING EVENTS AND GAMES

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. Sporting events can bring hundreds or thousands of athletes and spectators together in a single location. And while concerns about disease remain localized, the emergence of new, more deadly infectious diseases like COVID-19 has instigated fear and precaution over large gatherings. The Public Health Officer strongly recommends that events such as sports games be cancelled to help mitigate the spread of COVID-19.

### Actively Encourage People to Stay Healthy:

- The health of your athletes, families and supporters is of utmost importance. Holding a large mass gathering such as sports games, meet and greets, and press events can cause the spread of COVID-19.
- Athletes and employees who have symptoms of respiratory illness are recommended to stay home until they are free of fever (100.4° F or greater) and any other symptoms for at least 24 hours, without the use of fever-reducing or symptom-altering medicines (e.g. cough suppressants).
- Athletes and employees who appear to have respiratory illness symptoms upon arrival should be sent home immediately.

### Emphasize Staying Home When Sick, Respiratory Etiquette and Hand Hygiene:

- Place posters that encourage [staying home when sick](#), [cough and sneeze etiquette](#), and [hand hygiene](#) at the entrance to your facilities and in other areas where they are likely to be seen.
- Remind people to clean their hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, or wash their hands with soap and water for at least 20 seconds.
- Provide soap and water, alcohol-based hand rubs, tissues, and no-touch disposal receptacles.
- Encourage the use of nods or elbow bumps in place of handshakes and hugs.

### Offer Alternative Options:

- Consider hosting tournaments or games without fans present.
- Offer online and video streaming for games or tournaments so the public can still view or participate.

### Perform Routine Environmental Cleaning:

- Routinely clean all frequently touched surfaces in your facilities or by athletes. Use the cleaning agents that are usually used in these areas and follow the directions on the label. Ensure that daycare areas are thoroughly cleaned.

## STRATEGIES FOR RELIGIOUS INSTITUTIONS

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. Religious institutions frequently hold large gatherings and events that bring people into close contact, which have the potential to increase the transmission of COVID-19 and other infectious diseases. In addition to canceling such non-essential mass gatherings and large community events, religious institutions can implement other strategies to protect their congregations and the public:

### Actively Encourage People to Stay Home:

- People who have symptoms of respiratory illness are recommended to stay home until they are free of fever (100.4° F or greater) and any other symptoms for at least 24 hours, without the use of fever-reducing or symptom-altering medicines (e.g. cough suppressants).
- Be aware that more people needing to stay home from work to care for themselves, sick children, or other sick family members may cause hardship on families and communities.

### Emphasize staying home when sick, respiratory etiquette and hand hygiene:

- Place posters that encourage [staying home when sick](#), [cough and sneeze etiquette](#), and [hand hygiene](#) at the entrance to facilities and in other areas where they are likely to be seen.
- Remind people to clean their hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, or wash their hands with soap and water for at least 20 seconds.
- Provide soap and water, alcohol-based hand rubs, tissues, and no-touch disposal receptacles.
- Encourage the use of nods or elbow bumps in place of handshakes and hugs.

### Offer Alternatives Options for Traditional Religious Practices:

- Some religious practices and traditions may be more likely to allow for the transmission of disease, such as communal use of the blessed water basin, communion by intinction, and communal drinking cups. Consider refraining from these practices or implementing alternatives such as single serving disposable cups and use of hand sanitizer.
- Offer online and video streaming for services and meetings, so congregations can participate in religious services from home.



### Perform Routine Environmental Cleaning:

- Routinely clean all frequently touched surfaces in your facilities. Use the cleaning agents that are usually used in these areas and follow the directions on the label. Ensure that daycare areas are thoroughly cleaned.



## RESOURCES

### Yolo County

- <https://yolocounty.org/coronavirus>
- <https://yolocounty.org/coronavirus-guidance>

### CA Department of Public Health and CDC

- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

### Families

- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>

### Schools

- <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/School%20Guidance%20ADA%20Compliant%20FINAL.pdf>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/CDPH%20Higher%20Education%20Guidance%20ADA%20Compliant%20FINAL.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

### Business

- [https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html](https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html)

### Senior Care/Adult Facilities

- <https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/ASC/PIN%2020-04-ASC%20Coronavirus%20ASC%20Facilities.pdf>

### Large Events

- <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/CDPH%20Guidance%20for%20Mass%20Gatherings%20and%20Large%20Community%20Events%20ADA%20Compliant.pdf>

### Travelers

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>