



COVID-19 UPDATE

MARCH 5, 2020

Updated Recommendations for Individuals

The County of Santa Clara Public Health Department is taking proactive steps to protect the health of our community. Public Health is making these recommendations in consultation with Centers for Disease Control and Prevention (CDC) and is based on the best information we have at this time. These recommendations are effective immediately and may be updated upon further evaluation and public health need.

GENERAL PRECAUTIONS

- Avoid large gatherings where several people are within arms-length of you
- Talk to your employer about telecommuting options, telephone conferences and staggering work start and end times
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong
- Stay away from people who are ill, especially if you are at higher risk for serious illness
- If you are sick, stay home and limit close contact with other individuals. Contact your health care provider if you need medical attention
- Even if you are not ill, avoid visiting hospitals, long-term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities, limit your time there and keep six feet away from patients
- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first

ENHANCED HYGIENE

Practice increased hygiene measures that include:

- Wash your hands often with soap and water for at least 20 seconds
- Alcohol-based hand sanitizer can be used in a pinch if soap and water are not available
- Avoid close contact with other people
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue

GUIDANCE FOR PEOPLE AT HIGHER RISK FOR SEVERE COVID-19 ILLNESS

The County Public Health Department is recommending that persons at higher risk of severe illness should stay home and away from crowded social gatherings of people as much as possible such as parades, conferences, sporting events, and concerts where large numbers of people are within arm's length of one another.

Those at higher risk include:

- People over 50 years of age. The risk increases significantly thereafter and escalates with age, with persons over age 80 in the highest risk category.
- People, regardless of age, with underlying health conditions including cardiovascular disease, diabetes, cancer, heart disease, or chronic lung diseases like COPD, as well as those with severely weakened immune systems.

REGULAR CLEANING

Exposure is thought to mostly occur through respiratory droplets but surfaces can still transfer the virus from person to person. Frequently touched surfaces should be regularly cleaned. Doorknobs, tabletops, counters, phones, keyboards and fixtures should be disinfected several times throughout the day.

STAY INFORMED

Information is changing frequently.
Check and subscribe to Public Health's website and social media pages:

Website: <http://sccphd.org/coronavirus>

Facebook: <https://www.facebook.com/sccpublichealth/>

Instagram: @scc_publichealth

Twitter: @HealthySCC

