Update From San Mateo County Health on Novel Coronavirus (COVID-19)

March 6, 2020

San Mateo County Health is working closely with the California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) to respond to the outbreak of novel coronavirus in China and its potential impacts on the Bay Area including San Mateo County. San Mateo County Health Officer Dr. Scott Morrow issued an updated statement on COVID-19 which includes the implementation of the following activities at this time:

- All non-essential gatherings should be canceled, postponed, or done remotely. Unfortunately, at this time, I have no standard definition of “non-essential” or “gathering” to guide your decisions. Use your best judgment.
- Stop shaking hands.
- Increase in the amount of remote working or teleworking to the extent possible especially for those who appear at higher risk for developing the disease, those over the age of 60 and those with co-morbid conditions.
- Under all circumstances, stop touching your face, eyes, nose, or mouth with your unwashed hands.

For more guidance and to read Dr. Morrow's updated statement in its entirety, go to https://www.smchealth.org/coronavirus.

Which has this FAQ

**WHAT CAN SAN MATEO COUNTY RESIDENTS/VISITORS DO TO PREVENT COVID-19?**

Individuals can prevent illness:

- Frequently wash hands with soap and water for at least 20 seconds;
- Always cover your cough or sneeze;
- Stay home if you are sick and;
- If you have recently returned from a country with ongoing COVID-19 infection, monitor your health and follow the instructions of public health officials.
- Individuals can prepare for the possible disruption caused by an outbreak:
- Make sure you have a supply of all essential medications for your family;
- Make a child/elderly/adults with disabilities care plan if you or a care giver are sick;
- Make arrangements about how your family will manage a school closure; and
- Make a plan for how you can care for a sick family member without getting sick yourself.