

Dear RCRC Colleagues:

The RCRC clinical team is actively and continuously working to address RCRC staff and management concerns, as well as to collaborate with community partners, in order to protect the health and welfare of our staff and the people we serve. It is crucial that we act now to protect ourselves, our loved ones, neighbors, clients and client families, especially those most at risk for serious illness.

Conditions and recommendations are evolving over time and according to locale. We will update you as relevant information becomes available to us. However, if you seek additional information, we recommend that you obtain this information from reliable sources such as the Centers for Disease Control (CDC), the World Health Organization (WHO), and county public health (See resources listed below).

There are things you can do on a daily basis to reduce your risk of infection:

- 1) Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- 2) Cover your nose and mouth when coughing and sneezing with tissue or flexed elbow.
- 3) Avoid close contact (3 feet) with anyone with cold or flu-like symptoms.
- 4) Avoid touching your eyes, nose, and mouth with unwashed hands.

If you are sick:

- ✓ Contact your Health Care Provider for instructions and advisement.
- ✓ Stay home when you are sick except to get medical care
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✓ Clean and disinfect frequently touched objects and surfaces



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Resources for Additional Information

Please see CDC comprehensive source for overview plus practical actions plus links to specific situations:

https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fget-your-household-ready-for-COVID-19.html

Reliable, up to date resources for general information and guidance at national and state level

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

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters> (discredited rumors)

Local health authorities, consult regularly with the California Department of Health (CDPH) and the Centers for Disease Control (CDC), and are best able to advise about on-the-ground here-and-now conditions.

<https://www.mendocinocounty.org/government/health-and-human-services-agency/public-health>

<http://health.co.lake.ca.us/>

<https://humboldt.gov/330/Public-Health>

Direct link to “Humboldt Health Alert” for current local public announcements.

<https://humboldt.gov/2018/Humboldt-Health-Alert>

For specific questions during business hours can phone 445 6200 or email at covidinfo@co.humboldt.ca.us

<http://www.co.del-norte.ca.us/departments/health-human-services/public-health>

For pediatric issues:

<https://www.aappublications.org/news/2020/01/28/coronavirus> for pediatric issues

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

Your Health Care Providers remains the most appropriate source to answer your specific health questions and to determine actions beyond general guidelines.. For example they will advise whom should be tested, whether someone needs to stay at home, come in for a medical appointment or go to the ER.

We can act individually and as an agency to protect our own and others' health.

Your Clinical Team

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