



Solano County COVID-19 Newsletter

A health and resource guide for Solano County | Oct.-Nov. 2020

THE IMPORTANCE OF GETTING A FLU VACCINE

In an effort to prevent a “twindemic” of COVID-19 and seasonal influenza, the Solano County Department of Health and Social Services, Public Health division, in coordination with the California Department of Public Health (CDPH) are urging Solano County residents to get vaccinated against the flu to protect yourself and your loved ones. Flu vaccination is part of a comprehensive public health strategy to reduce the burden of flu, but also to preserve health care resources for care of patients with COVID-19. Getting vaccinated is the best defense against the flu. In California, flu activity usually begins to increase in late November or December. It takes a couple of weeks after vaccination for the body to build an immunity. So, don't delay getting a shot.

WHERE TO GET A FLU VACCINE

CDPH and Solano Public Health encourage residents to contact their health care provider, physician's office or clinic about getting the flu vaccine. Adults

can also get immunized at their regular pharmacy, which usually accept most insurance, including Medi-Cal. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19 disease.



EVERYONE IS URGED TO GET A FLU VACCINE

ESPECIALLY those individuals at higher risk of getting severe flu disease, including:

- People 65 years and older
- People with underlying health conditions
- Pregnant women and children under five
- African Americans and LatinX individuals
- Caregivers and frontline healthcare workers



#TogetherWeCan

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@SolanoCountyPH

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SolanoCounty.com/COVID19



Testing is key to gaining an understanding how the virus is moving through our community

According to the National Institute of Allergy and Infectious Diseases (NIH), one thing we know for sure — every single person can help our country control the COVID-19 pandemic. From wearing a mask to washing your hands to maintaining physical distance and avoiding large indoor gatherings, each of us can follow proven public health practices that not only reduce our own chance of getting infected by SARS-CoV-2 (the virus that causes coronavirus disease, or COVID-19), but also prevent the spread of COVID-19 to our coworkers, friends and loved ones. Another thing that helps is testing as many people as possible in our communities.

Solano County Public Health continues to test people who have symptoms or do not have symptoms so that we can better understand how the virus is moving in our community. Solano Public Health monitors testing to ensure enough tests are completed to

slow the spread of COVID-19. With adequate testing, Solano Public Health can help isolate those who test positive and use contact tracing to notify anyone who may have been exposed.

**GETTING TESTED
FOR COVID-19**
Visit LHI.Care/COVIDtesting
or call (888) 634-1123
to schedule an appointment





Safety considerations for fall and winter holidays

Hosting | Attending | Holiday Travels

BEFORE YOU CELEBRATE

According to the Centers for Disease Control and Prevention (CDC) and Solano County Public Health, fall and winter celebrations, such as Halloween, Día de los Muertos, Thanksgiving, Hanukah, Kwanzaa, Christmas, and New Year's, include large gatherings of families and friends, crowded parties, and travel that may put people at increased risk for COVID-19.

HOSTING A HOLIDAY GATHERING

If you will be hosting a holiday gathering, consider the following suggestions:

- Host outside, otherwise in well-vented areas
- Invite guests from your local area only
- Limit number of attendees as much as possible
- Encourage attendees to bring safety supplies

ATTENDING A HOLIDAY GATHERING

If you will be attending a celebration that someone else is hosting, consider following suggestions:

- Attend outdoor parties only if you can
- Check with host about COVID-19 precautions
- Bring your own supplies to keep you healthy
- Avoid contact with those outside your household

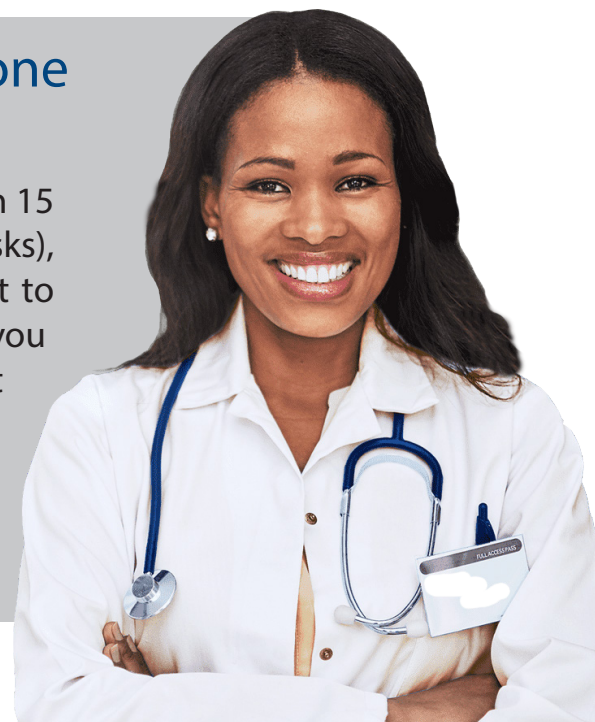
TRAVELING DURING THE HOLIDAYS

If you will be traveling during the holidays, consider the following suggestions:

- Wear a mask to protect your mouth and nose
- Avoid close contact with other passengers
- Wash your hands for at least 20-seconds
- Avoid touching your eyes, nose and mouth

What to do if you're exposed to someone who has tested positive for COVID-19

If you live in a household or had close contact (more than 15 minutes with less than 6 foot distance, not wearing masks), with someone diagnosed with COVID-19, it is important to separate yourself from others as much as possible. Even if you do not have symptoms, you may still be able to transmit the virus and infect others. A best practice is to monitor your own health daily for symptoms until 14 days after your last exposure. **For more information visit www.SolanoCounty.com/COVID19**



State moves Solano County into the RED tier

WHAT THIS MEANS FOR LOCAL BUSINESSES

On September 22, 2020, the California Department of Public Health (CDPH), announced that Solano County had been moved into the red tier (Tier 2) on the state's COVID-19 response framework, allowing for more local businesses to resume some additional indoor operations with modifications.

CONTINUING TO KEEP THE COMMUNITY SAFE

Before the move, the State had placed Solano County in the most restrictive tier; Tier 1, the purple tier, where COVID-19 infection rates are considered "widespread," and many indoor businesses operations remained closed or with limited capacity. The transition into Tier 2, the red tier, allows for more business with indoor operations to increase capacity. Businesses need to continue to adhere to the State's Industry Guidance for social distancing best practices to help protect employees, customers and the community to continue to reduce the transmission of COVID-19 infection.

MOVING INTO THE RED TIER ALLOWS FOR:

- Restaurants indoor dining (25% capacity)
- All retail indoors (50% capacity)
- Shopping centers (50% capacity)
- Personal care services (with modifications)
- Museums, zoos, aquariums (25% capacity)
- Places of worship (25% capacity)
- Movie theatres (25% capacity)
- Gyms and fitness centers (10% capacity)

INFORMATION AND GUIDANCE FOR BUSINESSES

Prior to opening under Tier 2, all businesses must review the Solano County Health Order, complete a State COVID-19 general checklist and ensure a written plan is on file and available for public review. Information and resources on Guidance for Industries is available on the Solano County website at www.SolanoCounty.com/COVID19.

To find the status of activities in Solano County, visit the State's website for more information.
<https://COVID19.Ca.Gov/Safer-Economy/>

“ *As more businesses reopen, we all need to do our part to protect ourselves and others from COVID-19 infection, and our best defense is to continue with the safety protocols—wear a mask, watch your distance and wash your hands.* ”

-Bela T. Matyas, M.D., M.P.H
Solano County Health Officer



Small Business Assistance

Rebuild Solano's Small Business Grant Program

On August 25, the Solano County Board of Supervisors, approved \$2 million in CARES Act funding for a small business assistance program to be advanced by the Solano County Workforce Development Board (WDB) and the Solano County Small Business Development Center (SBDC). The microgrants will be awarded to Solano County businesses that are experiencing economic stress related to the pandemic, with the goal of preventing layoffs or closures and allowing small employers to effectively pivot operations in response to COVID-19.



Workforce Development
Board / Solano County



SMALL
BUSINESS
DEVELOPMENT
CENTER

SOLANO

APPLY TODAY BY VISITING:

www.SolanoEmployment.Org (and)
www.SolanoSBDC.Org



COVID-19 Community Resource Information

Solano County Warmline

Information about local COVID-19 resources, questions, concerns, mental health and more
Monday - Friday, 8 a.m. - 5 p.m.
(707) 784-8988 | COVID19@SolanoCounty.com

State of California COVID-19 Call Center

General information about State of California COVID-19 resources, testing and guidelines
(833) 422-4255 | www.Covid19.Ca.Gov

Basic Needs and Rental Assistance

Assistance in finding housing and shelter throughout Solano County | (707) 652-7311

Childcare and Family Support

Information about childcare resources and paying for childcare | (707) 863-3950 x709

Abuse and Violence Support

Solano County Family Justice Center provides free services to victims and survivors of sexual assault, domestic violence, child / elder abuse
(707) 784-7635 | SolanoCounty.com/Depts/FVP

Mental Health and Wellness

Solano County Behavioral Health COVID-19 warmline for anyone experiencing stress, anxiety and feelings of depression
(707) 784-8539 and (800) 547-0495

Adult Protective Services

APS investigates reports on abuse of seniors and dependent adults with disabilities who live in private homes, apartments and hospitals
(707) 784-8259 and (800) 850-0012

Meals on Wheels

Meals on Wheels provides free meal deliveries and pick-up services for seniors age 60+, including extended delivery hours due to COVID-19 | (707) 425-0638

Food Bank of Contra Costa & Solano

The Food Bank provides low-income Solano County residents with free food and will remain open during the COVID-19 pandemic
FoodBank.CCS.Org and (855) 309-3663

Transportation / Mobility Call Center

In partnership with the Solano Transportation Authority, older adults and those living with disabilities can get transportation assistance
SolanoMobility.Org | (800) 535-6883

Public Benefit Programs

Employment & Eligibility, health coverage, food / cash assistance (Medi-Cal, CalFresh, CalWORKs)
MyBenefitsCalWIN.Org | (707) 553-5000

ADDITIONAL RESOURCES

SolanoCounty.com
SolanoCares.org

HOLD: ADDRESS BOX GOES HERE



Solano Public Health - Healthy People, Healthy Community

Solano Public Health knows health is all about people, where they live, learn, work, and play, and is committed to providing people with the tools they need to maintain and improve their health. Public Health staff remains committed to serving the Solano County community with up-to-date health information and advice during the COVID-19 pandemic health emergency, which includes the following resources:

COVID-19 INFORMATIONAL DASHBOARD

The latest information on the COVID-19 pandemic health emergency, including number of cases, positivity rates, ICU bed availability, demographic studies, cases by city, trend lines, and much more are available on the COVID-19 dashboard. The dashboard is updated Mon. - Fri. at 4 p.m. and is located at [SolanoCounty.com/COVID19](https://www.solanocounty.com/COVID19)

PUBLIC HEALTH COVID-19 WEBSITE

Visit the Public Health COVID-19 website for information and resources on staying safe and informed during the pandemic, including community resources, guidance for industries, testing information, latest news and much more. Check it out at [SolanoCounty.com/COVID19](https://www.solanocounty.com/COVID19)

SUBSCRIBE TO THE COVID-19 NEWSLETTER

Everyone interested in getting the latest updates and information on COVID-19 from Solano Public Health is encouraged to sign up to receive the weekly COVID-19 e-Newsletter. Join the group at <https://Groups.Google.com/G/SPH-Newsletter>

FOLLOW PUBLIC HEALTH ON FACEBOOK

Like and follow Solano Public Health on Facebook for daily updates on COVID-19, flu shots, air quality information, local assistance programs, public health advisories and much more.



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