



 **TOGETHER**
WE CAN



Solano County COVID-19 Newsletter

A health and resource guide for Solano County | Jan. - Feb., 2021

WEARING A FACE MASK SLOWS THE SPREAD

Coronavirus (COVID-19) disease spreads when an infected person speaks, sneezes, or coughs within six-feet of others. The infected person may not even know they have the disease, however, they can still spread it to others, even if they feel well. According to the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH), wearing a mask or cloth face covering can slow the spread of COVID-19 disease by limiting the release of the virus into the air. Wearing a face mask also reinforces physical distancing, reminds us not to touch our face and shows we care about the health, safety and wellbeing of everyone in our community.

WEARING A MASK BENEFITS EVERYBODY

According to the CDC, masks play an essential role in slowing the spread of COVID-19 disease, and when worn correctly and consistently, saves lives and reduces the strain on hospitals, first responders and the medical care system.

WHO NEEDS TO WEAR A MASK AND WHEN

The California Department of Public Health, by order of the Governor, issued a statewide mask requirement in June, 2020 and provided guidance on who needs to wear a mask and when, including:

WHO SHOULD WEAR A MASK

- Anyone going outside their home
- Working in customer-facing industries
- Office workers, factories, any group setting
- Doctors, nurses, healthcare professionals



WHEN TO WEAR A MASK

- In any indoor public space
- When getting healthcare
- On public transportation / ride-share
- At work, when near others
- Outdoors when you can't stay 6-feet apart

MORE INFO: [CDC.Gov/Coronavirus](https://www.cdc.gov/Coronavirus) and [@CDCGov](https://twitter.com/CDCGov)



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@SolanoCountyPH



[SolanoCounty.com/COVID19](https://www.SolanoCounty.com/COVID19)



The importance of getting tested for COVID-19

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.

COVID-19 Testing Sites in **SOLANO COUNTY**

Visit [LHI.Care/COVIDtesting](https://lhi.care/covidtesting) or call (888) 634-1123 to schedule an appointment

Solano County, California

COVID-19 Vaccines

WHAT IS A COVID-19 VACCINE?

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of “memory” T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future. It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

WHO WILL GET VACCINATED FIRST?

According to the CDC and the California Department of Public Health (CDPH), there will be a potentially limited supply of COVID-19 vaccine doses immediately available, and therefore, California, including in Solano County, will vaccinate individuals in a phased effort; rapidly expanding vaccination capacity as more vaccine becomes available. California will focus its efforts on vaccinating its critical populations in two sub-phases (Phase 1A / 1B), including:

PHASE 1A

- (1) Healthcare workers treating patients with COVID-19
- (2) Healthcare workers likely to be exposed to COVID-19

PHASE 1B

- (1) People at increased risk for severe illness or death
- (2) Other essential and front-line workers

SHOULD I GET VACCINATED?

Yes. Based on what experts know about vaccines for other diseases, getting a COVID-19 vaccine may help keep you from getting seriously ill if you do get COVID-19. While getting COVID-19 may offer some natural protection, known as immunity, experts don't know how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody response without having to experience sickness. Additionally, getting a COVID-19 vaccine is an important tool to help stop the pandemic, in addition to wearing masks and social distancing.

More information, [CDC.Gov/Coronavirus](https://www.cdc.gov/coronavirus)



Safer Social Gatherings

As the pandemic wears on and the weather turns cold, people are heading indoors, and the temptation to gather with friends and relatives only grows stronger - especially during the holidays. As COVID-19 cases continue to rise across California and in Solano County, it is more important than ever to follow a few basic rules about social gatherings. Every time we talk, laugh, cough or sneeze, we may be spreading the virus, even if we don't have any symptoms or know we have COVID-19. Consider the following suggestions for your next social gathering.



HOW MANY PEOPLE CAN SAFELY GATHER?

The Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH) recommends that no more than three households gather at one time. Gatherings are defined as social situations that bring people together from different households at the same time to a single space. It is well known that when people from different households mix, this increases the risk of transmission of COVID-19 disease.

WHAT ARE THE SAFEST WAYS TO GATHER?

The safest way to host a social gathering is to host it online or over the phone and not in person. If you do choose to get together in person, the safest ways to gather are to do it outside, if possible, limit the number of people who you come in contact with to five or fewer. Because of the weather, if you choose to meet inside, try and meet in a well-ventilated space that allows individuals to stay at least six-feet apart and wear a mask at all times. Finally, and perhaps most important - keep social gatherings short to reduce potential exposure to COVID-19 disease.

IS THERE ANYONE WHO SHOULD NOT GATHER?

Take into consideration the unique circumstances of your household before you host or attend a social gathering. Persons in your household who are at the highest risk of complications from COVID-19 disease include older adults (age 65+) and those living with pre-existing conditions including, but not limited to diabetes, cardiovascular disease and moderate to severe asthma. It is important to remember that while these family members may not be attending social gatherings, they are still part of the household, and therefore subject to everything (and everyone) whom their family is exposed.

WHAT PRECAUTIONS SHOULD WE TAKE?

Anyone choosing to gather should consider some basic precautions to help keep everyone safe and slow the transmission of COVID-19 disease. These precautions include, and are not limited to gathering outside, when possible, sitting at least six-feet apart from others, limit the number of households gathering to three or fewer, don't share food, beverage or utensils, wash hands frequently and always wear a face mask.

SHOULD I GATHER IF I FEEL SICK?

No. Anyone with any COVID-19 like symptoms, including, but not limited to fever, cough, shortness of breath, chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle and body aches, headaches, confusion and loss of sense of taste/smell should stay at home and limit their contact with anyone outside their household. Anyone who develops COVID-19 like symptoms within 48 hours after attending a gathering should notify the event organizer / other attendees as soon as possible regarding the potential exposure.

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At Solano Public Health, we know people are going to get together - and we're not trying to stop that - we're just asking that people use good judgement when getting together, including keeping gatherings small and short, stay six-feet apart, wash your hands, wear a mask and stay home if you feel sick.

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

California's **Blueprint for a Safer Economy**

WHAT IS THE STATE'S BLUEPRINT FOR A SAFER ECONOMY?

On August 28, 2020, the California Department of Public Health (CDPH), by order of the Governor, began assigning every County to a tier, including purple, red, orange and yellow, that reflect the number of cases and how the disease is spreading locally. Each color code has a distinct set of restrictions regarding what businesses are and are not allowed to reopen, whether they can open indoors or outdoors, and at what capacity they can operate. As the COVID-19 pandemic continues, the CDPH, in collaboration with other State officials, will continue to reassess metrics and thresholds.

WIDESPREAD

Many non-essential indoor businesses operations are closed. Daily new cases are more than 7 per 100,000 with a positivity rate of more than 8%.

SUBSTANTIAL

Some non-essential indoor businesses operations are closed. Daily new cases are between 4 and 7 per 100,00 with a positivity rate between 5-8%.

MODERATE

Some indoor business operations are open with modifications. Daily new cases are between 1 and 3.9 per 100,000 with a positivity rate between 2-3.9%.

MINIMAL

Most indoor business operations are open with modifications. Daily new cases are less than 1 per 100,000 with a positivity rate less than 2%.

Solano County, **Purple Tier**

Solano County, just like most Counties in California, have spent a significant number of weeks in the most restrictive Purple Tier (Tier 1), as the number of new COVID-19 cases increases and positivity rates remain high -- meaning the disease is widespread throughout the County. So, what does being in the Purple Tier mean for Solano County residents, businesses and visitors? **The following is a list of what businesses/services are open/closed and in what capacity.**

Critical Infrastructure: open with modifications

Social Gatherings: maximum of 3 households, with modifications

Playgrounds/Recreation Facilities: open with modifications

Hair Salons/Barbershops: open indoors with modifications

All Retail Locations: open indoors with modifications, 25% capacity

Shopping Centers: open indoors with modifications, 25% capacity

Personal Care Services: open indoors with modifications

Museums, Zoos, Aquariums: outdoor only with modifications

Places of Worship: outdoor only with modifications

Movie Theatres: outdoor only with modifications

Hotels and Lodging: open with modifications

Gyms/Fitness Centers: outdoor only with modifications

Restaurants: outdoor only with modifications

Wineries: outdoor only with modifications

Bars, Breweries, Distilleries (no meals): outdoor only with modifications

Bars, Breweries, Distilleries (meals are served): closed

Family Entertainment Centers: outdoor only with modifications

Non-Essential Offices: working remote, where possible

Professional Sports: no live audiences, with modifications

Live Audience Sports: closed

Amusement Parks: closed

Visit [COVID19.Ca.Gov](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19.Ca.Gov) for more information and updates

COMMUNITY RESOURCES



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Keep this page for resources in Solano County

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

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, including:

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)

FOLLOW PUBLIC HEALTH ON FACEBOOK

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



@SolanoCountyPH
[Facebook.com/SolanoCountyPH](https://www.facebook.com/SolanoCountyPH)



KIRBEE BROOKS, SOLANO PUBLIC HEALTH

**THE FLU SHOT DOESN'T
JUST PROTECT YOU,
IT ALSO HELPS
THOSE YOU LOVE
STAY HEALTHY
THIS HOLIDAY SEASON.**

#FightFluTogether



Find out how to get a **FREE FLU SHOT** at

www.SolanoCounty.com/Flu