Press Release - Stay Healthy and Stay at Home

PRESS RELEASE

City of Woodland
300 First Street
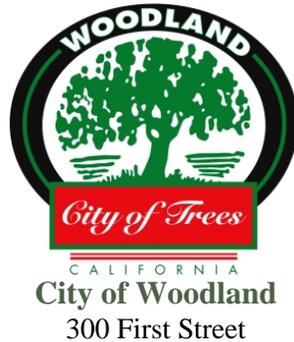
COVID-19 - Stay Healthy and Stay at Home

March 30, 2020 - As we begin our 2nd full week since the Yolo County Public Health Officer issued a countywide health order for residents to shelter in place and our 3rd week of school closure; "social distancing" and "flatten the curve" are becoming common terms. Staying at least six feet away from other people lessens your chances of catching COVID-19. Flattening the curve refers to using practices, such as social distancing, to slow the rate of COVID-19 infection so hospitals have room, supplies and doctors for all of the patients who need care. The order to stay at home and practice social distancing can create a feeling of uncertainty and stress. Trying to stay healthy, physically and emotionally, is critical during these times.

Staying Healthy while Staying Home
Whether you are used to staying at home for work or new to it, here are 5 tips to help, ease the transition.

- **Keep a routine-** Structure and consistency is important for our mental health. Wake up, get dressed, and keep bed times and meal times consistent.
- **Use technology to see family and friends-** It is easy to feel alone and isolated. Call, text, and video chat with friends, co-workers, and family.
- **But don't use technology too much-** It is not uncommon to feel anxious or worried while listening, reading or watching the news. While it's necessary to keep up-to-date and make changes to daily life to help control the spread of COVID-19, the constant news cycle coupled with social distancing measures can have a real impact on mental health. Intentionally create time in your day to step away from the news and engage in other activities, including reading, walking, or working on a hobby or craft
- **Stay physically active and take care of yourself-** Staying physically active is one way to take care of your mental health. Take a walk outside while calling a friend or co-worker for a chat.
- **Ask for help if you need it-** Know the signs of stress and when and how to seek help for yourself, as well as loved ones.
More resources for managing your mental health can be found here:

Yolo County Resources for Coping with Mental Health Or by calling 211

Home Deliveries by Non-Essential Businesses Allowed

Effective March 27, Yolo County is allowing non-essential businesses to process online and phone orders for home deliveries while physical locations must remain closed to the public. As residents stay home longer due to shelter in place orders from the County and State of California, non-essential items will start to become essential for many communities. As an added layer to help keep residents at home and support local businesses during this time, non-essential businesses will be allowed to make home deliveries.

First In, Relief for Evacuees (F.I.R.E) Foundation Accepts Donations of Medical Supplies
A local non-profit organization, the F.I.R.E Foundation, is now accepting donations of certain medical equipment/resources from the community to give to health professionals and emergency responders. They are accepting:

- N95 Masks
- Surgical Masks
- Procedure Masks
- Paper Masks (with ties or elastic)
- Nitrile Gloves (all sizes)
- Isolation Gowns
- Paper Protective Gowns
- Painter's Smocks (impermeable)
- Powered, air purifying respirator (PAPR) Hoods
- Protective Glasses/Goggles
- Industrial Face Shields
- Disinfectant Spray

All items should be unused, unopened, and in their original packaging. To schedule a safe, no-contact pick up, please visit their website: https://firstinrelief.com/covid19 or call (530)-214-0707.

Yolo County is the lead agency for the COVID-19 response, for more information on the County response, please visit: www.yolocounty.org/coronavirus.

Additional information can also be found at www.cityofwoodland.org. To receive email alerts from the City of Woodland visit www.cityofwoodland/notifyme. To receive email alerts from the County visit www.yolocounty.org.