

Posted on: April 10, 2020

Press Release - Stay Well and Stay Strong

PRESS RELEASE



COVID-19 - Stay Well and Stay Strong

April 10, 2020 - The City of Woodland continues to closely monitor the impacts of the novel coronavirus (COVID-19) and provide information to assist residents and businesses to respond to the emergency as it evolves. Below is key information on COVID-19 as well as some measures that can be taken to decrease and prevent the spread of this virus based on Centers for Disease Control and Prevention (CDC) guidance.

Coronavirus in Woodland and Yolo County - The number of confirmed cases of COVID-19 in Woodland is 18 (as of 5 pm on April 9, 2020). Stay up to date by visiting the [Yolo County Novel Coronavirus website](#). With warmer weather and a holiday weekend, it is still in everyone's best interest to stay at home, as much as possible, for the duration of the health order.

If You Are Sick

- **Mild Symptoms** - If you are sick and experiencing mild symptoms you should stay at home and, if possible, sequester yourself from others you live with. Common symptoms of COVID-19 include fever, tiredness and a dry cough. If symptoms persist, contact your primary health care provider. There is no vaccine for the coronavirus so the best thing you can do is to rest and drink fluids. Don't go to the ER if you have mild/no symptoms because then you are putting yourself, first responders, healthcare staff and other patients at risk.
- **Severe Symptoms** - If you are short of breath or have persistent pain or pressure in the chest, you should call your healthcare provider or call 9-1-1 based on severity of symptoms.
- **Additional Resources**
CDC: [What to do if you're sick](#)
CDC: [Stop the Spread of Germs](#)
CDC: [Individuals at Higher Risk](#)

Facial Coverings - The [Centers for Disease Control](#) recently came out with a recommendation about the use of cloth face coverings as a way to help prevent the spread of COVID-19. The [Yolo County Health Department](#) has released some guidelines about the use of this type of face coverings. A helpful infographic can be found here; [COVID-19 Guidelines: Face Coverings and Masks](#)

- A facial covering is a handmade cloth covering, bandana, or scarf that covers the mouth and nose.

- Cloth facial coverings should:
 - fit snugly but comfortably against the side of the face
 - be secured with ties or ear loops
 - include multiple layers of fabric
 - allow for breathing without restriction
 - be able to be laundered and machine dried without damage or change to shape
- Facial coverings can be used in public settings where other social distancing measures are difficult to maintain, such as grocery stores and pharmacies.
- Facial coverings are an additional, voluntary measure that help prevent people who are infected and have no symptoms from unknowingly spreading the virus.
- There is no evidence that wearing a face covering will prevent you from getting COVID-19.
- Facial coverings DO NOT replace social distancing.
- Facial coverings DO NOT replace the stay at home order.
- Scientific evidence shows that the BEST way to protect yourself is by staying at home.
- The public does NOT need to wear a surgical mask or N95 respirator unless told to do so by a healthcare professional.
- Learn how to make or wear a facial covering from the CDC, [click here](#)

Wellness Resources - Medical and wellness professionals say it is important to stay emotionally healthy while practicing social distancing. There are many resources available to help seniors, adults, and youth during this time.

YOLO 211 - For Yolo County residents, Yolo 211 provides a database of resources and links to health and human services online for programs and resources that meet your needs. Call 2-1-1 from your phone or log on to: <http://www.211sacramento.org/211/2-1-1-yolo-county>

Emotional and Psychological Support

- [Yolo County Mental Health Crisis & Access Line](#)
- [Headspace offering free help](#)
- [UC Davis: Managing Fears and Anxiety Around Coronavirus](#)

Supporting Children and Teens

- [New York Times: 5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
- [Talking to students about Coronavirus](#)
- [ACEs Connection: 10 Ways to Avoid Adverse Childhood Experiences \(during the Pandemic\)](#)
- [COVID-19 Health Literacy Project: Coronavirus Fact Sheets for 3-6, 6-12, and 13-18 year olds in 35 languages](#)

Domestic Violence

- Call the 24 hour Empower Yolo crisis line: (530) 662-1133
- [Empower Yolo resources](#)

For Seniors

- Yolo County Food Bank - Providing regular distributions of food and a once-a-week delivery of staple goods and produce for home delivery for qualifying seniors. More information on the Yolo Food Bank programs can be found at: www.yolofoodbank.org/get-help
- Yolo County Health and Human Services (HHSA) - CalFresh and Medi-Cal access for those that meet income and asset requirements. Staff are available over the phone Monday through Friday, 8am to 4pm. Apply online by visiting www.yolocounty.org/health-human-services/welfare
- Yolo County Healthy Aging Alliance - Links to lists of resources developed by the Yolo County Library for Seniors, in-home activities and grocery, pharmacy information. Available online at: www.yolohealthyaging.org/covid-19-resources

Ways to Connect

- Yolo Bus - Rates and routes are changing rapidly and updates are posted on: www.yolobus.com . Please check in with Yolo Bus customer service for any specific questions. You can reach them at: custserv@yctd.org or by calling 530-666-2877.
- The Friendship Line. Phone: 800-971-0016, email: friendshipline@ioaging.org - a “warm” line for routine phone calls, for emotional support and well-being check-ins. Also a crisis line.
- Well Connected. Phone: 877-797-7299, website: <https://covia.org/services/well-connected> - a free phone line and online program offering activities, education and connection.
- Local restaurants are open and ready to get a delicious meal to you. [Click here for Woodland's restaurant curbside and delivery guide.](#)

City Council Meetings - During the shelter-in-place order, pursuant to the Governor’s Executive Order N-29-20, the City Council will be holding teleconferenced meetings each Tuesday at 6 pm. The next City Council meeting will be on April 14th at 6:00 pm (this is a regularly scheduled meeting and it will include an update on the City’s efforts related to COVID-19). The public is encouraged to listen to the City Council meeting live on Woodland TV Channel 20 or by visiting www.cityofwoodland.org. If you wish to make a comment during general public comment or on a specific agenda item, there are two ways to do so. You may leave a voice mail message at (530) 661-5900. All voice mail messages received by 6:00 p.m. will be played during the City Council meeting and read into the record at the appropriate time. Any member of the public watching the live stream who wishes to make a comment on an item as it is being heard may submit an email to the City Clerk at CouncilMeetings@cityofwoodland.org prior to Public Comment on that item. Email comments submitted to be read into the record shall be no more than three (3) minutes when read aloud. Please include the agenda item in the subject line.

Need More Information? - Yolo County is the lead agency for the COVID-19 response, for more information on the County response, please visit: 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.