Coronavirus (COVID-19) Updates and Information

Novel coronavirus (COVID-19) is a new respiratory virus first identified in Wuhan, China, which has now spread to many other countries, including the United States.

In an abundance of caution, the City of San Carlos has declared a State of Emergency and has opened its Emergency Operations Center (EOC), following the County of San Mateo’s declaration of a State of Emergency last week.

While the spread of coronavirus is a serious matter, it is important to remember that the Centers for Disease Control and Prevention (CDC) believes the public risk in San Mateo County to be relatively low. The City is working closely with County, State, and Federal Officials to protect public health in the City of Good Living.
Message From City Manager Jeff Maltbie

The events of the past few weeks surrounding the coronavirus outbreak have been unsettling to a great many. Families, businesses, and daily lives have been disrupted and tragically, lives have been lost.

The official response by the Federal and State governments is rapidly unfolding and impacts have been felt across the state and the nation.

It was highly unexpected when City Staff was notified that passengers of the Grand Princess cruise ship would be housed in San Carlos while receiving care to help them recover—and we hope they will be able to eventually return home to their families.

As of March 15, 2020, there are 52 travelers under quarantine. The Fairfield Inn has been fenced and secured by US Marshals. All medical and safety procedures are in place. We have a high degree of confidence that this facility will have no impacts to public health in the community.

We recognize that a world-wide pandemic is a frightening event. We understand and share our community member’s concerns. County health officials are reporting dozens of confirmed cases within San Mateo County. There has been one confirmed death. It is highly likely that reported cases make up only a small percentage of those already exposed. We must assume that the virus is already in the San Carlos population. Health experts have stated that they expect 50-60% of the population will be exposed to COVID-19 in the next few months. The many Federal, State, and County public safety health efforts underway are focused on slowing the spread to ensure our health care infrastructure can adequately handle those who require medical treatment and or hospitalization.

The City maintains a robust and open line of communication with State and Federal officials. The City will continue to share information updates with the community in a timely manner and as appropriate. The situation and response is evolving extremely rapidly. Several new public health orders were issued by the State and County on Saturday and Sunday. More changes are underway. Please visit the City’s website along with the various websites listed in the newsletter for the most up-to-date information. Our ability to send current information to the community in printed form fast enough is limited by printing and mailing constraints.

The situation with coronavirus is a dynamic one. We ask the public to check the City’s website regularly for updates. All non-essential City services have been suspended, but online and 911 emergency services remain in operation. For a full list of closures and suspensions, please visit www.cityofsancarlos.org/coronavirus. The public is encouraged to heed the advice of the San Mateo County Department of Health and the CDC to stay healthy and reduce the risk of infection.

These are difficult times but San Carlos is a resilient community and we will get through this together.

Jeff Maltbie
What Community Members Can Do to Help Prevent COVID-19

There are many easy things we can all do to help prevent illness. The CDC recommends the following:

• Frequently wash hands with soap and water for at least 20 seconds;
• Always cover your cough or sneeze;
• Stay home if you are sick; and
• If you have recently returned from a country with ongoing COVID-19 infection, monitor your health and follow the instructions of public health officials.

Community members can prepare for the possible disruption caused by an outbreak:

• Make sure you have a supply of all essential medications for your family;
• Make a child/elderly/adults with disabilities care plan if you or a care giver are sick;
• Make arrangements about how your family will manage a school closure; and
• Make a plan for how you can care for a sick family member without getting sick yourself.

For more information, please visit www.cdc.gov

COVID-19 Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.

• Fever
• Cough
• Shortness of breath

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

• Difficulty breathing or shortness of breath
• Persistent pain or pressure in the chest
• New confusion or inability to arouse
• Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.
COVID-19 #CORONAVIRUS

Flattening the Curve

Fast, intelligent action slows the effects of pandemics and stops healthcare systems from being overwhelmed.

**PROTECTIVE MEASURES**

**individuals**
- don’t panic, just be careful
- wash hands
- don’t touch face
- stay home if sick

**government**
- fast, widespread testing
- limit large gatherings
- track infectees

source: Centers for Disease Control, The Economist, New York Times
Impacts to City Services

The COVID-19 situation is changing rapidly. Get the most up-to-date information regarding City services at www.cityofsancarlos.org/coronavirus.

The City is following all recommendations from San Mateo County Health and the CDC regarding the cancellation of large gatherings and the suspension of non-essential events and programming.

We understand the disruptions these closures cause in our community, and thank all San Carlans for their patience and understanding. Below is a list of County health recommendations and the City actions taken to help follow them. Please note that the COVID-19 situation is fluid, and recommendations by health officials, as well as City actions and closures, are likely to change.

San Mateo County Health Official Recommendations:

- Cancel all non-essential functions
- Maintain distance of 6 feet from other individuals
- Those over the age of 60 and those with co-morbid conditions should avoid gatherings
- Stop shaking hands
- Increase amount of remote working to the extent possible

City Actions

CLOSURES AND CANCELLATIONS THROUGH APRIL:

- Adult Community Center closed
- Library closed
- Youth Center closed
- Farmers’ Market canceled
- All Youth Center, Spring Break, and Senior activities cancelled
- Sports leagues suspended
- All playgrounds and public restrooms closed

CITY SERVICES:

Many City services are available online. Visit www.cityofsancarlos.org for business registration, Public Works permitting, and more.

TRANSIT IMPACTS:

Caltrain and SamTrans will adjust service in response to lower ridership and efforts to contain COVID-19.

Get up-to-date schedules:
www.caltrain.com
www.samtrans.com
San Carlos Schools

The San Carlos and Sequoia Union High School Districts have both closed all schools through April 3, 2020.

Schools will shift to a distance learning model in accordance with recommendations from San Mateo County Health, and an order from County Health Officer Dr. Scott Morrow to dismiss students from regular attendance. In addition to the suspension of in-person classes, all school-run events and activities are canceled indefinitely.

Teachers, staff, and school administrators are encouraging everyone to practice social distancing to help prevent the transmission of COVID-19. Students of all ages should refrain from engaging in group activities, and play dates, parties, and sleepovers are highly discouraged.

Thank you in advance for helping to keep our community healthy and safe.

Stay up-to-date on all school news related to COVID-19:

San Carlos School District: www.scsdk8.org
Sequoia Union High School District: www.seq.org