SAN CARLOS COVID-19
COMMUNITY SUPPORT AND RESOURCES
From the Office of the City Manager
11.4.2020
Updates and information on COVID-19 community support programs and projects for the San Carlos community.

Quick Links

City of San Carlos Resources

- San Carlos COVID-19 Updates
- Nextdoor
- Facebook
- Twitter
- "I Need Help" Assistance Request Form
- "I Can Help" Volunteer Form
- Businesses and Worker Resources
- Open Restaurants and Stores in San Carlos

San Mateo County Resources

- San Mateo County COVID-19 Resources
- Current Health Order
- COVID-19 Testing Program
- San Mateo County Health (Mental Health)
- Food Assistance
- Housing Resources
- Domestic Violence Support
- Immigrant Resources

Important Phone Numbers:

- Help Finding COVID-19 Resources: 2-1-1
- COVID-19/Wildfire Support Hotline: (833) 422-4255
- Report a Health Order Violation: (650) 802-4321
- City COVID-19 Hotline: (650) 802-4347
New Health Orders on Quarantine and Isolation to Help Stem COVID-19

In a press release on Friday, October 30th it was announced that "San Mateo County Health Officer Dr. Scott Morrow has further aligned local health orders with guidelines from the Centers for Disease Control and Prevention (CDC) concerning COVID-19."

The orders provide updates based on new guidance from the CDC to control the spread of COVID-19 by quarantine (for individuals exposed to the disease) and isolation (for those with the disease). The orders also contain specific rules for health care workers and first responders. Plain-language instructions on how to quarantine and isolate safely are also included.

**Quarantine** is used to keep someone who might have been exposed to COVID-19 away from others. Under the revised health order, individuals must self-quarantine if they are notified or are made aware they have been in close physical proximity with a person with COVID-19, as defined in the order.

If you do not live with someone who has been diagnosed with COVID-19, your quarantine will end after 14 days as long as you have not been diagnosed with COVID-19.

If you live with someone who has been diagnosed with COVID-19, you will need to quarantine for 14 days after your household member no longer needs to be isolated, so long as you have not been diagnosed with COVID-19.

**Isolation** keeps someone who is infected with the virus away from others, even in their home. A person with COVID-19 must immediately isolate themselves at home or another residence, follow home isolation instructions, and tell close contacts and cooperate fully with local Public Health concerning contact tracing and related investigations.

An individual with COVID-19 should remain in isolation for at least 10 days after they first begin to develop symptoms and at least one day after recovery. Recovery is defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms associated with COVID-19.

If an individual with COVID-19 never develops any symptoms, then the individual should remain in isolation for ten days from the date the positive test was performed.

The order also spells out criteria for specific instances, such as an individual who is immunocompromised, lives in a congregant setting or is at risk of transmitting infection to others who are vulnerable.

If a person needs assistance finding a place to quarantine or isolate, they should promptly contact the County’s Emergency Operations Center Care and Shelter Branch by calling 2-1-1. Assistance with food and other essential needs may also be available.

To read more of the press release and for specific information and details, please click here.

**Senior Showcase Virtual Event on 11/5**

The San Mateo Daily Journal newspaper will hold a Senior Showcase virtual event on Thursday, November 5th from 10:00 a.m. - 12:00 p.m. The presenting speaker will be Senator Jerry Hill. The event will include COVID-19 updates from San Mateo Medical Center and information on senior
living amid a pandemic. Senior-related businesses and community resources in San Mateo County will also be represented. The event will be held via Zoom.

For more information, and to register for the event, visit the following link: https://www.smdailyjournal.com/site/senior_showcase_nov_5_2020.html.

New Career Help Services at the Library

San Mateo County libraries are offering a new career help eResource to support individuals through every phase of the job search process. Accessible for free with your library card, this resource offers resume review by an expert, cover letter and resume templates, interview practice, and so much more. Visit the Library’s job and career resource webpage for other helpful career tools.

Grant Opportunity: BeyGOOD Black-Owned Small Business Impact Fund

BeyGood, Beyonce’s charity initiative launched in 2013, is on a mission to spread hope. The goal is to provide a lifeline for Black-owned small businesses at the epicenter of dual pandemics.

BeyGood has teamed up with the NAACP to expand economic opportunity by awarding grants of $10,000 on the 15th of each month through the end of 2020. For more information and to apply, visit https://www.beyonce.com/article/black-owned-small-business-fund-naacp/.

San Mateo County Small Residential Property Owner Assistance Program Reminder

A reminder that the deadline for the San Mateo County Small Residential Property Owner Assistance Program is this Friday, November 6th. The County has posted an application checklist to the program website and emailed it directly to applicants who have yet to submit their final applications. Additional questions can be directed to the program team at PropertyOwnerGrants@smcgov.org.

COVID-19 Compliance: Webinar for Businesses – What Does the Orange Tier Mean?

San Mateo County’s COVID-19 risk was recently declared moderate and moved into the ‘Orange Tier’ by the State. On Thursday, November 5th from 2:00 p.m. – 3:00 p.m., Erin Thomas, COVID-19 Compliance Training and Standards Coordinator for San Mateo County Environmental Health Services, will explain what the ‘Orange Tier’ means for businesses in San Mateo County. The webinar will be held via Zoom and presented by San Mateo County Health and SAMCEDA. For questions, email Larisa Ocaña at locanada@samceda.org. To register, please visit https://zoom.us/meeting/register/tJEpc--ppzovETStM6UdsJxdI_GbuI8AtfnH.

Addressing Employee Mental Health in the New Workplace – Virtual Summit

The pandemic has caused people to log longer hours, simultaneously balance work and personal lives, and operate in higher stress environments. Instead of accepting a decline into burnout, HR leaders are being challenged to prioritize employee well-being. Learn how in this special virtual event on Tuesday, November 10th at 10:00 a.m., sponsored by PwC. For more information and to register visit https://www.oracle.com/events/virtual-summits/cloud-hcm/employee-mental-health/.
Previous Newsletters

Previous newsletters with resources for Health Orders, staying safe, residents, businesses and workers, and volunteers are linked below.

Previous Community Support Update Newsletters

Jeff Maltbie, City Manager
jmaltbie@cityofsancarlos.org
600 Elm Street, San Carlos, CA 94070
(650) 802-4228

November 4, 2020