



BOARD OF SUPERVISORS

RICHARD VALLE
President
Supervisor, District 2

Dear District 2,

On March 16, 2020 the County of Alameda's Health Officer directed all individuals living in Alameda County to shelter at their place of residence from March 17 to April 7, 2020 in response to COVID-19. **Essential businesses and services will remain open during this period.** This means grocery stores, gas stations, and restaurants for take-out orders are just some of the stores that will remain open in addition to local emergency response units, such as fire, police, and ambulance. [Read the full Order here](#) or review the [Public Health Department's Frequently Asked Questions](#) (the FAQ will be updated on an ongoing basis).

During this unprecedented step, it is important that we pull together as a community, state, and nation. When faced with serious challenges, our country meets them head-on. To that end, it is important that we remain grounded and take the steps needed to ensure everyone's health. Often during a situation like this, the psychological impacts can be worse than the virus we are attempting to contain. Contained in this email are important informational, best practices, and resources to utilize while we come together to meet this challenge (see lists below).

The Board of Supervisors will maintain its regular calendar and continue to hold essential open public meetings in the Board chambers during this period. We will implement Alameda County Public Health Department approved social distancing requirements, have hand sanitation stations available, and thoroughly disinfect the chambers prior to and after meetings. Maintaining these essential government meetings is critical to ensuring the smooth operation of your county government during this pandemic.

The District 2 Office in Hayward and Oakland will be closed during the shelter in place order. District 2 staff will remain on the job responding to constituent calls and emails during this Order. Do not hesitate to [contact our office here](#). Due to limited staffing and higher than usual call volume, please leave a message and we will respond within 24 hours.

It is critical that we all do our part to fight this threat. I know we will get through this together and come out stronger.

In solidarity,
Richard Valle

Information on the importance of these measures:

- Helpful article from the [Los Angeles Times on how the shelter in place order works](#).

- [Watch this informative video](#) from Vox on the importance and effectiveness of social distancing.
- [This Washington Post article](#) uses simulations to demonstrate how different degrees of social distancing help reduce the rate of infection and flatten the curve.

Please remember to use these best practices:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact especially with those who are sick
- When out in public, maintain at least 6 feet of distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

The following resources are available for ongoing updates and critical support during this period:

- Centers for Disease Control and Prevention: www.cdc.gov
- California Department of Public Health: www.cdph.ca.gov
- Alameda County Public Health Department: www.acphd.org/2019-ncov.aspx
- State Unemployment and Disability Insurance program has been expanded during this pandemic visit the state Employment Development Department to learn more: https://www.edd.ca.gov/about_edd/coronavirus-2019.htm
- Schools districts in District 2 are offering free food services during school closures for their students:
 - [Hayward Unified School District](#)
 - [New Haven Unified School District](#)
 - [Newark Unified School District](#)
- Education companies offering free online education services: <http://www.amazingeducationalresources.com/>
- Resources for domestic violence victims during quarantine: <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>
- Comcast is making internet faster and more accessible to people for the next two months with the "internet essentials" package now free for qualified low-income households; pausing data caps for 60 days giving all customers Unlimited data for no additional charge; and no
- Disconnects or Late Fees. [Read more here.](#)
- Mental Health Management resources:
 - Advice from CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
 - Advice from Anxiety and Depression Association of America: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>
 - Things to do during quarantine: <https://www.inquirer.com/health/coronavirus/what-to-do-philly-coronavirus-indoors-quarantine-fun-activities-online-workout-classes-happy-hour-20200316.html>

- Kid friendly things to do during quarantine: <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
- For the Tri-Cities - the Fremont Family Resource Center (FRC) building located at 39155 Liberty Street which houses 24 State, County, City and Non-Profit Organizations will remain open. Each agency will be determining its own schedule and staffing level. However, the FRC City Office (Suite A110) will be closed to the general public. To contact the FRC please call (510) 574-2021.
- Ride-On Tri-City! Program (Transportation Services for Disabled) call (510) 574-2053. Although all in-person appointments for transportation assistance have been suspended, Tri-City seniors and individuals with disabilities are still able to call the Ride-On Helpline for assistance. Staff will be available by phone to connect community members with essential transportation services (i.e. to and from dialysis clinics, medical appointments, etc.) and help address transportation concerns and questions.