

An Update on the Coronavirus

Effective midnight tonight, all public or private gatherings over 250 people will be prohibited in San Diego County, through the month of March. Gatherings of less than 250 people are strongly encouraged to keep a social distance of 6 feet from one another in conformance with California Department of Public Health guidelines.

Non-essential personal are also prohibited from entry into any hospital or long term care facility serving seniors. This order is issued based on increasing transmission of COVID-19 in California and San Diego County.

Schools, colleges and care facilities serving seniors and children are strongly encouraged to follow the guidance issued by the California Department of Public Health and San Diego County Public Health Officials. Please look to your local school district for further information.

San Diego County Officials are strongly encouraging citizens over the age of 65 to cancel any non-essential travel, avoid large crowds and remain at home, if possible.

This is very fluid situation and we will continue to update as more information becomes available.

What Can I Do to Prevent Coronavirus?

There is currently no vaccine available to protect against Coronavirus but it is recommended for everyone to get their flu vaccine and practice proven and routine preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.