



# TOWN of PORTOLA VALLEY

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## **Update on the Corona Virus and What You Can Do**

The Town of Portola Valley is closely monitoring information related to the Novel Coronavirus (COVID-19).

Town staff are in communication with all of the community's major institutions, who have been sharing information directly with their students, parents, clients, and residents. The Town will continue to coordinate with our local partners throughout the duration of this situation.

The Town is also in direct contact with the San Mateo County Health Department and the County's Health Officer Scott Morrow to get the most up-to-date information. The San Mateo County Health Department is the lead agency for response in our County. You can get their most current information for our county on their website <https://www.smchealth.org/coronavirus> - please read this first to learn more about the County's response and see below for more information from the Center for Disease Control (CDC).

We ask that the residents of Portola Valley prepare themselves and their family in advance of any potential, local outbreak. As with other emergencies like wildfires and earthquakes, being prepared is the best way to keep your family healthy and your community resilient. Preparedness equals self-sufficiency.

### **Per the CDC, here are the best ways to slow the spread of the virus:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- 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.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

**Additionally, check your emergency kits to make sure they are up to date**

- Some medications may eventually be in short supply. You should attempt to obtain a couple of months supply for your critical medications as part of your normal review of your emergency kits.

Additional information is available through the CDC, the lead agency Government tasked with responding to Coronavirus in the United States. Please refer to the CDC website for the most recent information about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

If there are substantial updates or additional action is required, we will send out additional communications.