

Coronavirus: Employee Health & Safety Reminders

As the situation with the coronavirus (COVID-19) continues to unfold, we know many behavioral health providers have questions about what's happening in Sacramento County – and what we're doing to help providers, staff, and consumers prepare and stay safe.

The health of our providers and consumers is of the highest importance. Please know that Behavioral Health Services, in coordination with experts in Public Health, are actively monitoring the latest information – and are helping providers to take action in a calm and responsible manner. Please see the latest reminders and updates below.

There is Now Community Spread of COVID-19 in Sacramento County

The Centers for Disease Control and Prevention (CDC) state that 80% of infections are mild and most people recover without problem. Those at higher risk of complications are people over 50 and people with chronic diseases such as diabetes, lung and heart disease.

Behavioral Health Services recommends taking precautions to help reduce risk to staff and consumers, but we are also keeping our focus on how we can keep our programs open and safe, in order to continue to deliver critical behavioral health supports to the people we serve.

How You Can Help Protect Yourself and Others

You can take the following steps right now to reduce the risk of infection to yourself and others:

- Wash your hands – often! Wash with soap and water and keep going for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands.
- Clean and disinfect the objects and surfaces you touch.
- People experiencing worsening flu-like symptoms should seek medical attention and stay home until well again.

What to Do if You Are Experiencing Flu-Like Symptoms

If you're feeling sick (experiencing cough, fever, or shortness of breath):

- Employees who are sick with respiratory symptoms and fever, regardless of exposure to COVID-19, should stay home until well again.
- If you can manage your symptoms at home, do so. If you are experiencing worsening symptoms or difficulty breathing, contact your primary care doctor for guidance. Be sure to call them before you go to their office so they can help direct you to the right level of care – and take precautions as needed to protect other patients and employees.
- Follow the instructions of your healthcare professional.
- If a physician determines that you should stay out of the workplace, you should also notify your supervisor and follow your physician's instructions for work restrictions and follow-up procedures.

Limiting Non-Essential Travel is Recommended

There are travel precautions that you can take to protect yourself and reduce risk.

- You may consider avoiding non-essential travel, if possible. This would include things like conferences, non-essential meetings, etc.
- If you're unsure if a business trip is essential, please ask your supervisor.

More Information

Sacramento County's leadership team will continue to monitor the situation and provide updates along the way.

The most current updates and materials on the coronavirus (COVID-19) are posted at [https://dhs.saccounty.net/PUB/Pages/Communicable-Disease-Control/2019-Novel-Coronavirus-\(2019-nCoV\).aspx](https://dhs.saccounty.net/PUB/Pages/Communicable-Disease-Control/2019-Novel-Coronavirus-(2019-nCoV).aspx).

If you have questions or need assistance, please feel free to contact us at COVID19@saccounty.net.

Thank You for Your Commitment to the People We Serve

The people we serve in Sacramento County depend on us for care, compassion, and support. We are doing everything we can to make sure our consumers continue to get the care they need – now and always. Thank you so much for your efforts to help keep our programs safe – for each other and for those we serve.