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City of Gardena's Response to the Coronavirus

The City of Gardena is continuing to cooperate with the Los Angeles County Department of Public Health and the Centers for Disease Control and Prevention (CDC) to respond to recent reports of a novel coronavirus in Los Angeles County.

How is the City of Gardena Responding?

- Beginning Monday, March 16, 2020, the City of Gardena will be suspending all senior related activities until further notice. This includes all classes (yoga, cell phone, exercise), bingo, special lunches and candlelight dinners.
- The Senior Meal Program at Nakaoka Community Center, Lawndale Senior Center, Gardena Senior Day Care and Rowley Park will be modified. Hot lunch will not be served. Participants will receive frozen meals for the week and will need to reheat them at home. Distribution information and food-safe handling instructions will be forthcoming.
- The City has canceled all nonessential City-sponsored events over the next four weeks.
- The City encourages private events over 50 people to cancel or reschedule during next four weeks, but it is not mandatory.

The City's decision to cancel City-sponsored gatherings is a precautionary measure. Currently, the Los Angeles County Department of Public Health and Centers for Disease Control (CDC) recommend social distancing when there is significant community transmission of the novel coronavirus. As of today, Los Angeles County has 28 confirmed cases of Coronavirus Disease 2019 (COVID-19), two of which were community spread.

In a recent press release, LA County Director of Public Health Barbara Ferrer, PhD, MPH, MEd, noted, "With the discovery of community spread yesterday, we will continue to see more cases of COVID-19 in LA County. With more cases, we are urging people with underlying health conditions, pregnant women and the elderly to practice social distancing by avoiding non-essential travel, public events, community gatherings, and indoor venues."

The City will continue to work closely with the Los Angeles County Department of Public Health to protect the health and safety of our Gardena residents, visitors and staff.

TASHA CERDA, Mayor / ART KASKANIAN, Mayor Pro Tem

MARK E. HENDERSON, Councilmember / DAN MEDINA, Councilmember / RODNEY G. TANAKA, Councilmember

MINA SEMENZA, City Clerk / J. INGRID TSUKIYAMA, City Treasurer / CLINT OSORIO, City Manager / CARMEN VASQUEZ, City Attorney

Helpful Public Health Information About Coronavirus

Los Angeles County Department of Public Health and the Centers for Disease Control continue to recommend that the public do the following to protect themselves and others from respiratory illnesses:

- Stay home when you are sick.
- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean and disinfect frequently touched surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Facemasks are most effective when used appropriately by health care workers and those directly caring for people who are sick and by people who are sick (source control).
- Get a flu immunization if you have not done so this season.

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Watch for symptoms and emergency warning signs

- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

What to Do if You Get Sick?

- Stay home and call your doctor.
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](#).
- Know when to get emergency help.
- Get medical attention immediately if you have any of the emergency warning signs listed above.

What is Coronavirus?

Coronaviruses are a large family of viruses. Many of them infect animals, but some coronaviruses from animals can evolve (change) into a new human coronavirus that can spread from person-to-person. This is what happened with the new coronavirus known as SARS-CoV-2, which causes the disease known as COVID-19. Diseases from coronaviruses in people typically cause mild to moderate illness, like the common cold. Some viruses cause serious infections like pneumonia. If a COVID-19 outbreak happens in our community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.)

Where to Get More Information about Coronavirus

Always check with trusted sources for the latest accurate information about novel coronavirus:

- [Los Angeles County Department of Public Health](#)
- [California Department of Public Health](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization](#)

Sincerely,



Clint Osorio
City Manager