



North Los Angeles County Regional Center

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Dear Consumers, Families, Service Providers, and Staff,

As you have likely heard, Governor Newsom has identified key indicators for lifting the Stay at Home Order. While many want to return to life as we once we knew it, the Governor will rely on data to guide his decisions in an effort to protect the health and well-being of Californians and reduce the social, emotional, and economic disruptions caused by COVID-19.

The Governor's key indicators for modifying the Stay at Home Order include California's ability to:

- expand testing, contact tracing, isolating, and supporting individuals COVID-19 positive or exposed,
- prevent infections in individuals at risk for more severe COVID-19,
- meet future surge demands in hospitals and healthcare,
- develop treatments,
- implement physical distancing in businesses, schools, and childcare facilities, and
- re-institute certain measures, such as stay-at-home orders, if necessary.

The Governor has shared that we should expect things to look different when the Stay at Home Order is lifted, such as finding fewer tables in restaurants and the continued use of face coverings while in public.

While the conversation regarding reopening our communities has begun, it is important to **continue to practice social distancing**. The hospital demand projections published by the Los Angeles County Department of Health Services state that based on modeling, LA County has enough hospital beds and ventilators to meet the estimated need, though additional capacity is needed in the area of intensive care. According to the county, physical distancing, staying at home except for essential activities or exercise, and use of cloth face coverings, has slowed the spread of COVID-19 allowing our healthcare system to care for those in need.

If you have a fever, cough, or shortness of breath and need help deciding to seek medical care, you can call the LA County COVID-19 Nurse Advice Line at (844) 804-0055, 7 AM to 7 PM.

If you need additional services and supports, please contact your Consumer Services Coordinator. We are all in this together, and we are here to help!

Stay at home and stay healthy!

Ruth