



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

MARTIN FENSTERSHEIB, MD, MPH
INTERIM HEALTH OFFICER

TRACEY BELTON
AGENCY DIRECTOR

PUBLIC HEALTH SERVICES

Healthy People in Healthy Communities

**ORDER OF THE HEALTH OFFICER OF THE COUNTY OF SAN BENITO
GENERALLY REQUIRING MEMBERS OF THE PUBLIC AND WORKERS TO
WEAR FACE COVERINGS**

(PUBLIC HEALTH EMERGENCY ORDER)

DATE OF ORDER: April 24, 2020

Please read this Order carefully. This order applies to all persons in San Benito County.

Summary: The United States Centers for Disease Control and Prevention ("CDC"), California Department of Public Health ("CDPH"), and San Benito Public Health Services have recommended that members of the public, when they need to interact with others outside the home and especially in settings where many people are present such as waiting in lines and shopping, should cover the mouth and nose to prevent inadvertently spreading the virus that causes Coronavirus Disease 2019 ("COVID-19"). One key transmission method for the COVID-19 virus is respiratory droplets that people expel when they breathe cough or sneeze. With the virus that causes COVID-19, people can be infected and not have any symptoms, meaning they are asymptomatic, but they can still be contagious, meaning able to infect others. People can also be infected and contagious 48 hours before developing symptoms, the time when they are pre-symptomatic. Many people with the COVID-19 virus have mild symptoms and do not recognize they are infected and contagious, and they can unknowingly infect others. Therefore, the CDC, CDPH, and SBPHS now believe that wearing a face covering, when combined with physical distancing of at least 6 feet and frequent hand washing, may reduce the risk of transmitting coronavirus when in public and engaged in essential or approved activities by reducing the spread of respiratory droplets. And because it is not always possible to maintain at least 6 feet of distance, members of the public and workers should wear face coverings while engaged in most essential activities and other activities when others are nearby. For clarity, although wearing a face covering is one tool for reducing the spread of the virus, doing so is not a substitute for sheltering in place, physical distancing of at least 6 feet, and frequent hand washing.

This Order requires that people wear Face Coverings, which may be simple do-it-yourself coverings as further described below, in three main settings:

1. Members of the public must wear Face Coverings while inside of or waiting in line to enter Essential Businesses and other businesses or facilities engaged in Minimum Basic Operations, providing Essential Infrastructure, and providing Essential Government Functions (except Healthcare Operations, which are subject to different requirements), when seeking healthcare from Healthcare Operations, and when waiting for or riding on public transportation and other types of shared transportation.
2. This Order also requires employees, contractors, owners, and volunteers of all Essential Businesses or those operating public transportation and other types of shared transportation to wear a Face Covering when at work.

3. This Order also requires workers engaged in Minimum Basic Operations, Essential Infrastructure work, and Essential Government Functions to wear a Face Covering in areas where the public is present or likely to be and at any time when others are nearby.

This Order includes certain exceptions as specified in paragraphs 6, 7, 8, and 9.

UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040 and 120175, THE HEALTH OFFICER OF THE COUNTY OF SAN BENITO ("HEALTH OFFICER") ORDERS:

1. This Order will take effect at 8:00 a.m. on April 27, 2020, and will continue to be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer.

2. As used in this Order, a "Face Covering" means a covering made of cloth, fabric, or other soft or permeable material, without holes, that covers only the nose and mouth and surrounding areas of the lower face. A covering that hides or obscures the wearer's eyes or forehead is not a Face Covering. Examples of Face Coverings include a scarf or bandana; a neck gaiter; a homemade covering made from a t-shirt, sweatshirt, or towel, held on with rubber bands or otherwise; or a mask, which need not be medical-grade. A Face Covering may be factory-made, or may be handmade and improvised from ordinary household materials. The Face Covering should be comfortable, so that the wearer can breathe comfortably through the nose and does not have to adjust it frequently, so as to avoid touching the face. For as long as medical grade masks such as N95 masks and surgical masks are in short supply, members of the public should not purchase those masks as Face Coverings under this Order; those medical grade masks should be reserved for health care providers and first responders. In general, even when not required by this Order, people are strongly encouraged to wear Face Coverings when in public. Also, for Face Coverings that are not disposed after each use, people should clean them frequently and have extra ones available so that they have a clean one available for use.

Note that any mask that incorporates a one -way valve (typically a raised plastic cylinder about the size of a quarter on the front or side of the mask) that is designed to facilitate easy exhaling is not a Face Covering under this Order and is not to be used to comply with this Order's requirements. Valves of that type permit droplet release from the mask, putting others nearby at risk.

3. All members of the public, except as specifically exempted below, must wear a Face Covering outside their home or other place they reside in the following situations:
 - a. When they are inside of, or in line to enter, any Essential Business including, but not limited to, grocery stores, convenience stores, supermarkets, laundromats, and restaurants including drive-through windows where the car window is rolled down to receive food and exchange money;
 - b. When they are inside or at any location or facility engaging in Minimum Basic Operations or seeking or receiving Essential Government Functions inside of any location or facility;
 - c. When they are engaged in Essential Infrastructure work;

- d. When they are obtaining services at Healthcare Operations – including hospitals, clinics, COVID-19 testing locations, dentists, pharmacies, blood banks and blood drives, other healthcare facilities, mental health providers, or facilities providing veterinary care and similar health care services for animals - unless directed otherwise by an employee or worker at the Healthcare Operation; or
 - e. When they are waiting for or riding on public transportation (including without limitation any bus, or paratransit or are in a taxi, private car service, or ride-sharing vehicle.
4. Each driver or operator of any public transportation or paratransit vehicle, taxi, or private car service or ride- sharing vehicle must wear a Face Covering while driving or operating such vehicle, regardless of whether a member of the public is in the vehicle, due to the need to reduce the spread of respiratory droplets in the vehicle at all times.
5. All Essential Businesses, as well as entities and organizations with workers engaged in Essential Infrastructure work, Minimum Basic Operations, or Essential Government Functions (except for Healthcare Operations, which are subject to their own regulation regarding specified face coverings), must :
- a. Require their employees, contractors, owners, and volunteers to wear a Face Covering at the workplace and when performing work off-site any time the employee, contractor, owner, or volunteer is:
 - i. Interacting in person with any member of the public;
 - ii. working in any space visited by members of the public, such as by way of example and without limitation reception areas, grocery store or pharmacy aisles, service counters, public restrooms, cashier and checkout areas, waiting rooms, service areas, and other spaces used to interact with the public, regardless of whether anyone from the public is present at the time;
 - iii. working in any space where food is prepared or packaged for sale or distribution to others;
 - iv. working in or walking through common areas such as hallways, stairways, elevators, and parking facilities; or
 - v. in any room or enclosed area when other people (except for members of the person's own household or residence) are present.
 - b. Take reasonable measures, such as posting signs, to remind their customers and the public of the requirement that they wear a Face Covering while inside of or waiting in line to enter the business, facility, or location. Essential Businesses and entities or organizations that engage in Essential Infrastructure work or Minimum Basic Operations must take all reasonable steps to prohibit any member of the public who is not wearing a Face Covering from entering and must not serve that person if those efforts are unsuccessful and seek to remove that person.

6. Any child aged two years or less must not wear a Face Covering because of the risk of suffocation. This Order does not require that any child aged twelve years or less wear a Face Covering. However, when children over two (2) years of age are able to do so parents and caregivers must supervise use of Face Coverings by children to avoid misuse.
7. Wearing a Face Covering is recommended but not required while engaged in outdoor recreation such as walking, hiking, bicycling, or running. But each person engaged in such activity must comply with social distancing requirements including maintaining at least six feet of separation from all other people to the greatest extent possible. Additionally, it is recommended that each person engaged in such activity bring a Face Covering and wear that Face Covering in circumstances where it is difficult to maintain compliance with social distancing requirements, and that they carry the Face Covering in a readily accessible location, such as around the person's neck or in a pocket, for such use. Because running or bicycling causes people to more forcefully expel airborne particles, making the usual minimum 6 feet distance less adequate, runners and cyclists must take steps to avoid exposing others to those particles, which include the following measures: wearing a Face Covering when possible; crossing the street when running to avoid sidewalks with pedestrians; slowing down and moving to the side when unable to leave the sidewalk and nearing other people; never spitting; and avoiding running or cycling directly in front of or behind another runner or cyclist who is not in the same household.
8. This Order does not require any person to wear a Face Covering while driving alone, or exclusively with other members of the same family or household, in a motor vehicle.
9. A Face Covering is also not required by this Order to be worn by a particular individual if the person can show either: (1) a medical professional has advised that wearing a Face Covering may pose a risk to the person wearing the mask for health-related reasons; or (2) wearing a Face Covering would create a risk to the person related to their work as determined by local, state, or federal regulators or workplace safety guidelines. A Face Covering should also not be used by anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the Face Covering without assistance.
10. The intent of this Order is to ensure that all people who are visiting or working at Essential Businesses and all people who are seeking care at healthcare facilities or engaged in certain types of public transit or transportation with others wear a Face Covering to reduce the likelihood that they may transmit or receive the COVID-19 virus. The intent of this Order is also to ensure that people who work for or seek services from entities engaged in Essential Infrastructure work, Minimum Basic Operations, or Essential Government Functions also wear a Face Covering when they are in close proximity to others. In so doing, this Order will help reduce the spread of the COVID-19 virus and mitigate the impact of the virus on members of the public and on the delivery of critical healthcare services to those in need. All provisions of this Order must be interpreted to effectuate this intent.
11. This Order is issued based on evidence of increasing occurrence of COVID-19 within San Benito County the Bay Area, California and the United States of America, scientific evidence and best practices regarding the most effective approaches to slow the transmission of communicable diseases generally and COVID-19 specifically. Due to the outbreak of the COVID-19 virus in the general public, which is now a pandemic according to the World

Health Organization, there is a public health emergency throughout the County. With the virus that causes COVID-19, people can be infected and contagious and not have any symptoms, meaning they are asymptomatic. People can also be infected and contagious 48 hours before developing symptoms, the time when they are pre-symptomatic. Many people with the COVID -19 virus have mild symptoms and do not recognize they are infected and contagious, and they can, unknowingly infect others. Therefore, the CDC, CDPH, and SBPHS now believe that wearing a face covering when combined with physical distancing of at least 6 feet and frequent hand washing, may reduce the risk of transmitting coronavirus when in public and engaged in essential activities. And because it is not always possible to maintain at least 6 feet of distance, members of the public and workers are required to wear face coverings while engaged in most essential activities and other activities when others are nearby. For clarity, although wearing a face covering is one tool for reducing the spread of the virus, doing so is not a substitute for sheltering in place, physical distancing of at least 6 feet, and frequent hand washing.

12. This Order is also issued in light of the existence, as of April 23, 2020, of 47 confirmed cases of infection by the COVID-19 virus in the County, including a significant and increasing number of suspected cases of community transmission. This Order is necessary to slow the rate of spread, and the Health Officer will continue to assess the quickly evolving situation and may modify this Order, or issue additional Orders, related to COVID-19, as changing circumstances dictate.
13. This Order is also issued in accordance with, and incorporates by reference, the March 31, 2020, Shelter in Place Order issued by the Health Officer and the amendment to the Shelter in Place order issued on April 24, 2020, the March 4, 2020, Proclamation of a State of Emergency issued by Governor Gavin Newsom, the March 12, 2020, Executive Order (Executive Order N-25-20) Issued by Governor Newsom, the March 6, 2020, Proclamation by the San Benito County Board of Supervisors declaring the existence of a local emergency, and guidance issued by the CDPH and CDC, as each of them have been or may be supplemented.
14. Failure to comply with any of the provisions of this Order constitutes a possible public health threat. Further, failure to comply is also a violation of California Health and Safety Code Section 120295.
15. As with the Shelter-in-Place Order, education and engagement of the public regarding the public health benefits of facial coverings is of paramount importance. Consistent with the views expressed by the Governor and after consulting with the San Benito County Sheriff, the Public Health Officer believes that enforcement through education is preferable. Public compliance with this order as well as all other social distancing and hand washing protocols may allow the gradual reopening of businesses in San Benito County by reducing the spread of COVID-19. Compliance may further reduce instances of COVID-19, including those with serious complications that could be avoided.
16. Copies of this Order shall promptly be: (1) made available at the Office of the Director of San Benito Health and Human Services, 1111 San Felipe Road, Suite 206, Hollister, CA 95023; (2) posted on the San Benito Public Health Services website

(<https://hhsa.cosb.us/publichealth/communicable-disease/coronavirus/>; and (3) provided to any member of the public requesting a copy.

17. If any provision of this Order or its application to any person or circumstance is held to be invalid, then the remainder of the Order, including the application of such part or provision to other people or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.
18. Questions or comments regarding this Order may be directed to San Benito County Public Health Services at 831-637-5367.

IT IS SO ORDERED:

Dated: April 24, 2020



Martin Fenstersheib, MD MPH
Health Officer of the County of San Benito



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

MARTIN FENSTERSHEIB, MD, MPH
INTERIM HEALTH OFFICER

TRACEY BELTON
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PUBLIC HEALTH SERVICES

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PRESS RELEASE

Face Coverings Required to Stop COVID-19

FOR IMMEDIATE RELEASE

April 24, 2020

Contact:

David Westrick, County PIO
831-801-2574

San Benito County, CA-To help stop the spread of COVID-19, the San Benito County Health Officer is requiring residents to wear a face covering when going out into the public to perform essential activities, effective at 8:00AM on Monday, April 27, 2020. Combined with sheltering in place, social distancing, and frequent hand hygiene, [facial coverings](#) help slow transmission of COVID-19.

These changes reflect the serious nature of the evolving COVID-19 pandemic and increased understanding about how the virus spreads. We now know from recent studies that people infected with COVID-19 can transmit the virus to others before showing symptoms or without ever showing symptoms. “As the COVID-19 situation evolves, we continuously reassess our policies and procedures to protect our residents. Due to continued community spread of COVID-19 across our region, we are starting mandatory facial coverings for everyone going out into the public to perform essential activities,” stated Dr. Marty Fenstersheib, San Benito County Health Officer.

COVID-19 is spread through respiratory droplets that are produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of others who are nearby. When properly worn by the user, facial coverings have the potential to slow the spread of the virus by reducing the release of these droplets into the air. Even a small reduction in community transmission could make a major difference to the demand on the healthcare system.

“As a reminder many people can have COVID-19 and do not feel sick or have any symptoms (asymptomatic), and also people can be infectious for 48 hours before they have any symptoms of COVID-19. So an important addition to our existing measures for protection for the general public from asymptomatic infectious people, is to have all of us wear a face covering that keeps their germs to themselves, so they aren’t spreading COVID-19,” stated Dr. Fenstersheib.

The use of medical masks, such as N-95 and surgical masks, are strongly discouraged for general use. Due to the global demand for personal protective equipment (PPE), there is a severe shortage of PPE across the state. Those supplies should be reserved for health care workers and first responders. Public Health Services asks residents to refrain from purchasing PPE for their own use and to utilize homemade face coverings instead.

Businesses must take reasonable measures, such as posting signs, to remind patrons about face coverings, and may not serve customers who do not observe the order. Workers do not need to wear face coverings if they are alone in a personal office but must put them on when others are present.

Residents are encouraged to continue to practice safe physical distancing when they go out to exercise or for recreation. Individuals engaged in outdoor recreation and who are able to practice physical distancing (joggers, cyclists, hikers, etc.) are not required to wear face coverings, but should move to avoid close proximity with passers-by.

The order also includes customers of public transit (including while waiting at transit stops), rideshare services, and passengers in private automobiles who are not members of the same household.

The order does not require children 12 and younger to wear face coverings or anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance. Children two years old or younger *must not* wear them due to risk of suffocation.

The California Department of Public Health has [these guidelines](#) for cloth masks/face coverings:

- Face coverings can be made out of cloth, be factory-made or hand-sewn, or improvised using bandannas, scarves, T-shirts, sweatshirts or towels.
- The material should cover the nose and mouth.
- Ideally, face coverings should be washed after each use. Dirty masks should be placed in a dedicated laundry bag or bin.
- Use detergent and hot water when washing cloth masks, and dry them on a hot cycle.
- Be sure your mask is comfortable; you don't want to have to keep adjusting the mask because that means touching your face.
- Wash your hands, or use hand sanitizer, before and after touching your face or face coverings.
- If you must re-wear your cloth face covering before washing it, wash your hands immediately after putting it back on and avoid touching your face.

Jurisdictions around the Central Coast and Bay Area are unified in the recognition that face coverings are a very important tool in breaking the chains of transmission. San Benito County residents have been actively following guidance and orders provided by Public Health Services. We must all redouble our efforts to abide by the safety precautions and inhibit the spread of COVID-19. Please continue to be vigilant about keeping a safe distance from others, washing your hands, wearing a facial covering when going out in public and staying home if you are sick.

For guides on homemade face coverings, please see <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> or visit the San Benito County Public Health Services website for updated local information at <http://hhsa.cosb.us/publichealth/>.

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Frequently Asked Questions (FAQs)

Face Covering Order Effective 08:00am, April 27, 2020

Why did the Health Officer issue this order?

- People can be infected with COVID-19 and not have any symptoms, meaning they are asymptomatic, but they can still be contagious.
- People can also be infected and contagious 48 hours before developing symptoms, the time when they are pre-symptomatic.
- CDC, CDPH, and CCHS now believe that wearing a face covering, when combined with physical distancing of at least 6 feet and frequent hand washing, may reduce the risk of transmitting coronavirus when in public and engaged in essential activities by reducing the spread of respiratory droplets.

What does the order require?

The Order requires you to wear a face covering in public settings. Also, you should wear a face covering while waiting in line to enter an essential business, when seeking healthcare from healthcare operations, and when waiting for or riding public transportation or other types of transportation. Workers engaged in areas where the public is present (or likely to be present) must wear face coverings. This order takes effect at 08:00 a.m. on April 27, 2020.

When do I have to wear a face covering?

Face coverings are required to be worn:

- While inside or waiting in line to enter an essential businesses, like a grocery store or pharmacy
- When seeking health care
- When waiting for or riding transit
- When entering facilities allowed to operate under the state-at-home order, like government buildings

When is a face covering not needed?

Face coverings are not required to be worn when:

- At home.
- In your car alone or solely with members of your household.
- Exercising outdoors, like walking, hiking, bicycling, or running. However, people are recommended to have a face covering with them and readily accessible when exercising, even if they're not wearing it at that moment.

Who is exempt?

The following categories of people are not required to wear a face covering:

- Children 12 years old or younger. Children age 2 and under must not wear a face covering due to the risk of suffocation. Children age 3 to 12 are not required to wear a face covering, but if they do, they should be supervised by an adult. Supervision may look different based on the age and maturity of the child. For some children, having a discussion may be sufficient. For younger children, parents and caretakers should be present during use by the child. Parents and care givers should use their judgment.
- Anyone who has trouble breathing, is incapacitated, or otherwise unable to remove a face covering without assistance.
- Anyone who has been advised by a medical professional not to wear a face covering.
- Any worker to the extent wearing a face covering creates a safety hazard at work under established health and safety guidelines.

How long will the face covering requirement last?

The face covering order does not have an expiration date. The Health Officer will evaluate the continued need for face coverings.

What kind of face covering should I be wearing?

Most of us can use cloth face coverings, which function as an additional tool that can protect others from possible exposure to respiratory droplets that may come from our mouth when we talk, sneeze or cough. Such as:

- Homemade masks
- Bandanas
- Neck gaiters
- T-shirts
- Towels or other cloth materials

Face coverings should:

- Cover your nose and mouth
- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction

N95 and surgical masks should be worn for protection by healthcare staff and those workers who provide care to a person who might have COVID-19 or other communicable diseases.

How often should I clean my face coverings?

Face coverings should be washed frequently. Ideally, wash them after each use and have a dedicated laundry bag or bin. Always wash your hands, or use hand sanitizer, before and after touching your face or face coverings.

What shouldn't I use as a face covering?

Any mask that has a one-way valve designed to facilitate easier exhaling does not qualify as a face covering under this order and should not be used. These valves are typically a raised plastic disk about the size of a quarter on the front or side of the mask. Valves of that type allow moisture droplets out of the mask, putting others nearby at risk.

- A Halloween or plastic mask does not comply with the order.
- A ski mask with holes for the nose or mouth does not comply with the order.

Do I need to wear a face mask while running or biking?

This is encouraged, but not required. Please note, you should not be jogging, running or biking with individuals outside of your immediate family at this time. If you cannot maintain the physical distance of 6 feet between your immediate family and others, face coverings become required.

Do I need to wear a face covering when walking my dog around the block?

This is encouraged, but not required. If you cannot maintain the 6 feet of physical distance between you and others outside of your immediate family, this becomes required.

Do I need to wear a face covering while at the park with my family?

We urge you to stay home and limit your time in our parks. A face covering while at the park is encouraged, but not required. If you cannot maintain the 6 feet of physical distance between you and others outside of your immediate family, this becomes required.

Should I buy an N-95 mask?

- N-95 and surgical masks are in short supply, and need to be conserved for health workers on the frontlines.
- We are managing our supply levels closely and providing health workers and first responders with medical-grade personal protective equipment that is aligned with the latest evidence-based science, and appropriate for their work duties.
- If you are currently using a medical mask, keep using it as long as possible – until it becomes dirty or damaged – due to the limited supply.

Do I need to wear a face covering at home?

You are not required to use a face covering at home. But if you or someone at home is sick, you can use a face covering to reduce exposure. You should contact your healthcare provider if you or someone in your home is sick.

How does this rule affect businesses and transportation?

- Generally, essential businesses must ensure that their employees and other staff wear a Face Covering in any area when working with the public or in areas where customers or the public may be present, even if there are no customers or members of the public present at the time. This is to avoid the spreading of respiratory droplets in areas where customers or the public may come at some point.
- Essential businesses must inform customers about the need to wear a face covering, including posting signs at the entrance to the store or facility. They also must take reasonable steps to keep people who are not wearing a face covering from entering their business; and they must refuse service to anyone (other than children under 12 and others who may specifically be excepted under the order) not wearing a face covering.
- All workers and volunteers at essential businesses, operating public transportation, or operating other types of shared transportation must wear a face covering when at work in most settings. (However, they do not need to wear one in a private office when others are not around, for example.)
- Workers doing minimum basic operations, like security or payroll, essential infrastructure work, or government functions must wear a face covering when others are nearby or when they are in areas that the public regularly visits.

I have some protective face covering equipment, such as N95 masks. What can I do with them?

Many have asked how they can help our nurses, doctors & healthcare workers. If you want to donate/know of businesses that may be able to help with personal protective equipment (PPE) like surgical masks, N95 face masks, face shields & other supplies, please visit the Centers for Disease Control (CDC) website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> to find out more.

I operate an essential business or another business or facility that is permitted by the shelter in place order to engage in minimum basic operations or to provide essential infrastructure. What am I required to do under the order?

- Generally you must ensure that your employees and other staff wear a face covering in any area when working with the public or in areas where customers or the public may be present, even if there are no customers or members of the public present at the time. This is in order to avoid the spreading of respiratory droplets in areas where customers or the public may be at some point. Employees also must wear masks if co-workers are nearby.

- You are also required to post a sign at entrances notifying people that they are not permitted in without a face covering and that they will not be served if they are not wearing a face covering. You should also not serve anyone over the age of 12 who is not wearing a face covering unless they are excused by the Order from wearing a face covering

What are reasons that someone is allowed not to wear a face covering in an essential business or when around other people who are not a member of their own household?

The following are exceptions to the requirements for wearing a face covering when in essential businesses or when other people are around:

- A child 12 years old or younger
- A medical professional has advised you that wearing a face covering may pose a risk to your health, and you have documentation of that advisement
- Wearing a face covering would create a risk to you related to your work as determined by local, state, or federal regulators or workplace safety guidelines
- You have trouble breathing
- You are unconscious, incapacitated, or otherwise unable to remove the face covering without assistance

I'm going to my doctor or health care provider for an appointment. Am I required to wear a face covering?

Yes. You should wear a face covering when in an environment with other people you do not live with. But your health care provider can allow you to remove the face covering as appropriate in the context for purposes related to your care.

Who can I call if I have questions?

For more information on COVID-19, visit the San Benito County Public Health Services website at <http://hhsa.cosb.us/publichealth/>.



COMUNICADO DE PRENSA

Cubiertas de Cara Requeridas Para Detener el COVID-19

PARA PUBLICACIÓN INMEDIATA:

24 De abril del 2020

Contacto:

David Westrick, County PIO
(831) 801-2574

Condado de San Benito, CA- Para ayudar a detener la propagación de COVID-19, el Oficial de Salud del Condado de San Benito requiere que los residentes se cubran la cara al salir al público para realizar actividades esenciales, será efectiva el Lunes 27 de abril del 2020 a las 8:00a.m. En combinación con la orden de refugio en el hogar, distanciamiento físico y la higiene frecuente de las manos, las cubiertas de cara ayudaran a disminuir el contagio de COVID-19.

Estos cambios reflejan la grave seriedad y incremento de la pandemia COVID-19 y el aumento del conocimiento sobre cómo se propaga el virus. Ahora sabemos por estudios recientes que las personas infectadas con COVID-19 pueden transmitir el virus a otros antes de mostrar síntomas o sin mostrar síntomas en lo absoluto. “A medida que evoluciona la situación de COVID-19, re-evaluamos continuamente nuestras políticas y procedimientos para proteger a nuestros residentes. Debido a la continua propagación comunitaria de COVID-19 en nuestra región, Estamos comenzando hacer mandatorio el uso de cubiertas de cara para que todos los que salgan al público a realizar actividades esenciales,” afirmó el Dr. Marty Fenstersheib, Oficial de Salud del Condado de San Benito.

COVID-19 se transmite a través de gotas respiratorias que se producen cuando una persona infectada tose, estornuda o habla. Estas gotas pueden caer en la boca o la nariz de otras personas cercanas. Cuando las cubiertas de cara son usadas apropiadamente por la persona, tienen el potencial de retrasar la propagación del virus al reducir la liberación de estas gotas en el aire. Incluso una pequeña reducción en la transmisión comunitaria podría marcar una gran diferencia en la demanda del sistema de salud.

“Como recordatorio, muchas personas pueden tener COVID-19 y no sentirse enfermas ni tener ningún síntoma (asintomáticas), y también las personas pueden ser contagiosas durante 48 horas antes de tener algún síntoma de COVID-19. Entonces, la única forma de proteger al público en general de las personas contagiadas asintomáticas es hacer que todos usen una cubierta de cara que mantenga sus gérmenes para sí mismos, para que no propaguen el COVID-19,” afirmó el Dr. Fenstersheib.

El uso de máscaras médicas, como N-95 y máscaras quirúrgicas, no se recomiendan para uso general. Debido a la demanda mundial de equipos de protección personal (EPP), existe una grave escasez de EPP en todo el estado. Esos suministros deben reservarse para los trabajadores de la salud y socorristas. Los Servicios de Salud Pública solicitan a los residentes que se abstengan de comprar EPP para su propio uso y que, en su lugar, utilicen cubiertas de cara hechas en casa.

Las empresas deben tomar medidas razonables, como colocar letreros para recordar a los visitantes sobre las cubiertas de cara, y no pueden atender a los clientes que no cumplan con la orden. Los trabajadores no necesitan usar protectores de la cara si están solos en una oficina personal, pero deben ponérselas cuando otros están presentes.

Se les invita a los residentes a continuar practicando el distanciamiento físico seguro, cuando salen a hacer ejercicio o para recreación. Las personas involucradas en la recreación al aire libre y que pueden practicar distanciamiento físico (corredores, ciclistas, excursionistas, etc.) no están obligados a usar cubiertas de cara, pero deben moverse para evitar la proximidad con los demás.

La orden también incluye clientes de transporte público (incluso mientras esperan en paradas de tránsito), servicios de transporte compartido y pasajeros en automóviles privados que no son miembros del mismo hogar.

La orden no requiere que los niños de 12 años o menos usen cubiertas de cara o cualquier persona que tenga problemas respiratorios o esté inconsciente, incapacitado o de otra manera incapaz de quitarse la cubierta de cara por sí mismo. Los niños de dos años o menos *no deben* usarlas debido al riesgo de asfixia.

El Departamento de Salud Pública de California tiene estas pautas para las cubiertas de cara:

- Las cubiertas de cara pueden ser hechas de tela, hechas en fábrica o cosidas a mano, o improvisadas con pañuelos, bufandas, camisetas, sudaderas o toallas.
- El material debe cubrir la nariz y la boca.
- Idealmente, las cubiertas faciales deben lavarse después de cada uso. Las cubiertas sucias deben colocarse en una bolsa de lavandería o contenedor dedicado únicamente para este uso.
- Use detergente y agua caliente cuando lave las cubiertas de tela y séquelas en un ciclo caliente.
- Asegúrese de que su cubierta sea cómoda; no querrás tener que estar ajustando la cubierta continuamente porque eso significa estarte tocando la cara.
- Lávese las manos, o use desinfectante para las manos, antes y después de tocarse la cara o la cubierta de cara.
- Si debe volver a usar la misma cubierta de tela para cubrirse la cara antes de lavarla, lávese las manos inmediatamente después de volver a ponérsela y evite tocarse la cara.

Jurisdicciones alrededor de la Costa Central y el Área de la Bahía están unificadas en el reconocimiento de que las cubiertas de cara son una herramienta muy importante para romper las cadenas de transmisión. Los residentes del condado de San Benito han estado siguiendo activamente la orientación y las órdenes provistas por los Servicios de Salud Pública. Todos debemos duplicar nuestros esfuerzos para cumplir con las precauciones de seguridad e inhibir la propagación del COVID-19. Por favor manténgase vigilante referente a mantener su distancia de los demás, lavándose las manos, usando cubiertas de cara cuando vaya a salir al público y quédese en casa si se siente enfermo.

Para obtener guías sobre cubiertas faciales hechas en casa, por favor visite <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> o visite el sitio web de los Servicios de Salud Pública del Condado de San Benito para obtener información local actualizada <http://hhsa.cosb.us/publichealth/>.

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Orden de Cubiertas de Cara Efectivo 08:00am, 27 de abril de 2020 Preguntas y Respuestas

¿Por qué el Oficial de Salud emitió esta orden?

- Las personas pueden estar infectadas con COVID-19 y no tener ningún síntoma, lo que significa que son asintomáticas, pero aún pueden ser contagiosas.
- Las personas también pueden infectarse y contagiarse 48 horas antes de desarrollar síntomas, el momento en que son pre-sintomáticos.
- Los Centros para el control y la Prevención de Enfermedades, Departamento de Salud Pública de California ahora creen que usar una cubierta para la cara, cuando se combina con distancia física de al menos 6 pies y lavado frecuente de manos, puede reducir el riesgo de transmitir coronavirus cuando está en público y participa en actividades esenciales al reducir la propagación de gotitas respiratorias.

¿Qué requiere el pedido?

La orden requiere que use una cubierta para la cara en entornos públicos. Además, mientras espera en línea para ingresar a un negocio esencial, cuando busca atención médica en las operaciones de atención médica y cuando espera o viaja en transporte público u otros tipos de transporte. Los trabajadores que participan en áreas donde el público está presente (o es probable que esté presente) deben usar cubiertas para la cara. Esta regla estará en efecto el 27 de abril del 2020 a las 08:00a.m.

¿Cuándo debo usar una cubierta para la cara?

Se deben usar cubiertas faciales:

- Mientras está dentro o esperando en la fila para ingresar a negocios esenciales, como una tienda de comestibles o una farmacia.
- Al buscar atención médica.
- Al esperar o viajar en tránsito.
- Al ingresar a instalaciones autorizadas para operar bajo la orden del estado en el hogar, como edificios gubernamentales.

¿Cuándo NO es necesario cubrirse la cara?

No se requiere usar cubiertas faciales cuando:

- Se encuentra en casa.
- En su automóvil solo o solo con miembros de su hogar.
- Hacer ejercicio al aire libre, como caminar, caminar, andar en bicicleta o correr. Sin

embargo, se recomienda a las personas que se cubran la cara con ellas y que sean fácilmente accesibles al hacer ejercicio, incluso si no lo están usando en ese momento.

¿Quién está exento?

Las siguientes categorías de personas no están obligadas a cubrirse la cara:

- Niños de 12 años o menos. Los niños de 2 años y menores no deben usar una cubierta para la cara debido al riesgo de asfixia. No se requiere que los niños de 3 a 12 años usen una cubierta para la cara, pero si lo hacen, deben ser supervisados por un adulto. La supervisión puede ser diferente según la edad y madurez del niño. Para algunos niños, tener una discusión sobre el tema puede ser suficiente. Para los niños más pequeños, padres y cuidadores deben estar presentes durante el uso de cubierta del niño. Los padres y cuidadores deberán usar su propio criterio.
- Cualquier persona que tenga problemas para respirar, esté incapacitado o no pueda quitarse la cubierta de la cara sin ayuda.
- Cualquier persona a la que un profesional médico le haya aconsejado que no se cubra la cara.
- Cualquier trabajador en la medida en que se cubra la cara crea un riesgo de seguridad en el trabajo según las pautas establecidas de salud y seguridad.

¿Cuánto durará el requisito de cubierta de la cara?

La orden de cubrirse la cara no tiene fecha de vencimiento. El Oficial de Salud evaluará la necesidad continua de cubrirse la cara.

¿Qué tipo de cubierta de la cara debo usar?

La mayoría de nosotros podemos usar cubiertas faciales de tela, que funcionan como una herramienta adicional que puede proteger a otros de la posible exposición a las gotas respiratorias que pueden salir de nuestra boca cuando hablamos, estornudamos o tosemos. Como:

- Máscaras hechas en casa
- Pañuelo
- Bufandas
- Camisetas
- Toallas u otros materiales de tela

Los revestimientos faciales deben:

- Ajustadas pero cómodamente contra el costado de la cara
- Asegure con tirantes o con un círculo alrededor de los oídos
- Incluye múltiples capas de tela
- Permitir respirar sin restricciones

Las máscaras quirúrgicas y N95 deben usarse para protección del personal de atención médica y los trabajadores que brindan atención a personas que puedan tener COVID-19 u otras enfermedades contagiosas

¿Con qué frecuencia debo limpiar mis cubiertas de la cara?

Los revestimientos faciales deben lavarse con frecuencia. Idealmente, lávelos después de cada uso y tenga un área designada para guardarlas, puede ser una bolsa o canasto. Siempre lávese las manos, o use desinfectante para manos, antes y después de tocarse la cara o las cubiertas de la cara.

¿Qué no debería usar para cubrirme la cara?

- Cualquier máscara que tenga una válvula unidireccional diseñada para facilitar una exhalación más fácil no califica como una cubierta facial bajo este orden y no debe usarse. Estas válvulas son típicamente un disco de plástico elevado del tamaño de un cuarto en la parte frontal o lateral de la máscara. Las válvulas de ese tipo permiten que las gotas de humedad salgan de la máscara, poniendo en riesgo a otras personas cercanas.
- Una máscara de Halloween o de plástico no cumple con la orden.
- Una máscara de esquí con agujeros para la nariz o la boca, no cumple con la orden.

¿Debo usar una cubierta de la cara mientras corro o voy en bicicleta?

Esto se recomienda, pero no es obligatorio. Tenga en cuenta que no debe trotar, correr o andar en bicicleta con personas ajenas a su familia inmediata en este momento. Si no puede mantener la distancia física de 6 pies entre su familia inmediata y otras personas, se requieren cubiertas faciales.

¿Debo usar una cubierta de la cara cuando pasee a mi perro por la cuadra?

Esto se recomienda, pero no es obligatorio. Si no puede mantener los 6 pies de distancia física entre usted y otras personas fuera de su familia inmediata, entonces si es necesario.

¿Debo usar una cubierta para la cara mientras estoy en el parque con mi familia?

Le animamos a quedarse en casa y limitar su tiempo en nuestros parques. Se recomienda cubrirse la cara mientras está en el parque, pero no es obligatorio. Si no puede mantener los 6 pies de distancia física entre usted y otras personas fuera de su familia inmediata, entonces si es necesario.

¿Debo comprar máscaras N-95?

- Las máscaras quirúrgicas y N-95 son escasas y deben conservarse para los trabajadores de salud en primera línea.
- Estamos administrando nuestros niveles de suministro de cerca y brindando a los trabajadores de salud y personal de primeros auxilios equipos de protección personal de grado médico que están alineados con la ciencia basada en evidencia más reciente y

- apropiados para sus deberes laborales.
- Si actualmente usa una máscara médica, siga usándola el mayor tiempo posible, hasta que se ensucie o dañe, debido al suministro limitado.

¿Necesito usar una cubierta para la cara en casa?

No está obligado a usar una cubierta facial en casa. Pero si usted o alguien en su casa está enfermo, puede usar una cubierta facial para reducir la exposición. Debe comunicarse con su proveedor de atención médica si usted o alguien en su hogar está enfermo.

¿Cómo afecta esta regla a las empresas y al transporte?

- En general, las empresas esenciales deben asegurarse de que sus empleados y otro personal usen una cubierta facial en cualquier área cuando trabajen con el público o en áreas donde los clientes o el público puedan estar presentes, incluso si no hay clientes o miembros del público presentes en ese momento. Esto es para evitar la propagación de gotas respiratorias en áreas donde los clientes o el público pueden venir en cualquier momento.
- Las empresas esenciales deben informar a los clientes sobre la necesidad de usar una cubierta para la cara, incluida la colocación de carteles en la entrada de la tienda o instalación. También deben tomar medidas razonables para evitar que las personas que no están cubiertas de la cara entren en su negocio; y deben rechazar el servicio a cualquier persona (que no sea niños menores de 12 años y otras personas que pueden exceptuar específicamente en virtud de la orden) que no se cubran la cara.
- Todos los trabajadores y voluntarios en negocios esenciales, que operan transporte público u otros tipos de transporte compartido deben usar una cubierta facial cuando trabajan en la mayoría de los entornos. (Sin embargo, no necesitan usar uno en una oficina privada, por ejemplo cuando no hay otros cerca de usted).
- Los trabajadores que realizan operaciones básicas mínimas, como seguridad o nómina, trabajo de infraestructura esencial o funciones gubernamentales deben cubrirse la cara cuando otros están cerca o cuando están en áreas que el público visita regularmente.

Tengo algunos equipos protectores que cubren la cara, como las máscaras N95. ¿Qué puedo hacer con ellos?

Muchos han preguntado cómo pueden ayudar a nuestras enfermeras, médicos y trabajadores de la salud. Si desea donar / o conoce empresas que puedan ayudarlo con equipos de protección personal (EPP) como mascarillas quirúrgicas, mascarillas N95, protectores faciales y otros suministros, visite <https://espanol.cdc.gov/coronavirus/2019-ncov/index.html> para obtener más información.

Opero un negocio esencial u otro negocio o instalación que está permitido por la orden emitida de toque de queda para realizar operaciones básicas mínimas o proporcionar infraestructura esencial. ¿Qué debo hacer bajo la orden?

- Por lo general, debe asegurarse de que sus empleados y otro personal se cubran la cara en cualquier área cuando trabajen con el público o en áreas donde los clientes o el público puedan estar presentes, incluso si no hay clientes o miembros del público presentes en ese momento. Esto es para evitar la propagación de gotitas respiratorias en áreas donde los

clientes o el público pueden estar en algún momento. Los empleados también deben usar cubierta facial si los compañeros de trabajo están cerca.

- También está obligado a publicar un letrero en las entradas notificando a las personas que no se les permite entrar sin cubrirse la cara y que no se les servirá si no están cubiertos. Tampoco debe servir a nadie mayor de 12 años que no esté usando una cubierta para la cara a menos que sea permitido bajo las excepciones a los requisitos de la Orden.

¿Cuáles son las razones por las cuales a alguien se le permite no cubrirse la cara en un negocio esencial o cuando está cerca de otras personas que no son miembros de su propio hogar?

Las siguientes son excepciones a los requisitos para usar una cubierta facial cuando se encuentra en negocios esenciales o cuando hay otras personas cerca:

- Un niño de 12 años o menos;
- Un profesional médico le ha informado que el uso de una cubierta facial puede representar un riesgo para su salud, y usted tiene documentación de ese asesoramiento;
- El uso de una cubierta facial crearía un riesgo para usted relacionado con su trabajo según lo determinen los reguladores locales, estatales o federales o las pautas de seguridad en el lugar de trabajo;
- Tiene problemas para respirar;
- Está inconsciente, incapacitado o no puede quitarse la cubierta de la cara sin ayuda.

Voy a mi médico o proveedor de atención médica para una cita. ¿Debo usar una cubierta para la cara?

Si, debe cubrirse la cara cuando se encuentre en un entorno con otras personas con las que no vive. Pero su proveedor de atención médica puede permitirle quitar la cubierta facial según corresponda en el contexto para fines relacionados con su atención.

¿A quién puedo llamar si tengo preguntas?

Para mas información sobre COVID-19, visite la pagina de web de San Benito County Public Health Services a <https://hhsa.cosb.us/publichealth/communicable-disease/coronavirus/>