Cambria Community Healthcare District

To Our Community:

As we face the ongoing challenges that the coronavirus-19 (COVID-19) continues to present, we wanted to reach out to you and provide some information and resources.

First, you should know that we are working closely with the County Public Health Department and with all the other emergency services in our area, including the Cambria Fire Department and CalFire. Our crews are on duty all day and all night, every day.

These are actions you can take to help prevent the spread of COVID-19:

1. Regularly wash your hands with plenty of soap and water for at least 20 seconds throughout the day, before preparing food and after using the bathroom. It is an extremely important way to help prevent getting sick. Avoid touching your eyes, nose and mouth.
2. If you or a family member develops a cough, fever and body aches, call your healthcare provider, or phone 9-1-1. The emergency dispatch staff can send paramedics and EMTs to help evaluate what healthcare may be needed and can transport you to care if it is needed. If you are concerned about a friend or neighbor, you can also call 9-1-1 and give them the person's address. They will get help.
3. Be sure to clean the surfaces of your kitchen counters, bathrooms, door handles and other frequently touched areas with a cleaning agent.
4. If you are sick, stay home. Avoid contact with people who are sick.
5. For now, try to stay away from crowds or groups of people. This is being called "social distancing." It will help prevent the spread of the virus in the community and may help keep you well, too.

If you have any questions about COVID-19 or what you should know or do, please feel free to call our office: 805.927.8304.

We also recommend you visit the County's Public Health website to get the latest updates and information on the situation: slocounty.ca.gov or readyslo.org

Sincerely,

Mike McDonough MSHS NRP
Administrator