

COVID-19 UPDATE

April 2020 | Folsom, California
www.folsom.ca.us/covid-19



Sacramento County Stay-at-Home Order

The Sacramento County Health Officer issued a new Public Health Order directing all individuals living in Sacramento County – including the City of Folsom – to stay at home through May 1, except for essential activities. The order is intended to further slow transmission of COVID-19 in the community.

Essential services will remain open, such as

- Gas stations
- Pharmacies
- Food: grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants
- Banks and credit unions
- Hardware stores
- Pet supply stores
- Laundromats/laundry services
- Essential state and local government functions will also remain open, including law enforcement and offices that provide government programs and services.

Learn more at covid19.saccounty.net or call 916-875-2400.

Local State of Emergency

The City of Folsom officially proclaimed a local state of emergency March 16, 2020 in response to the COVID-19 public health crisis. The proclamation does not signify an increased risk to residents, but rather enhances the city's ability to access federal and state funding and mutual aid for the COVID-19 response. The declaration of a local emergency comes as local, state, and federal governments are working to control the spread of COVID-19 across the country and reduce the impact on hospital systems.



Stop the Spread of COVID-19



Stay home except to get essential supplies or if you are an essential worker.



Cover your nose and mouth with a bandana, scarf, or homemade fabric cover when leaving home for essential activities.



Avoid close contact with people who are sick. Adhere to social distancing of at least six feet.



Wash your hands with soap and water often, for at least 20 seconds.



Cover your coughs and sneezes with a tissue or inside of your elbow.



Senior Resources

The City of Folsom can provide seniors with resource information and assistance; call 916 -461-6618 or email seniorassistance@folsom.ca.us. For emergencies call 9-1-1.

Folsom Grocery Stores Offering Delivery, Pickup, or Senior Hours

- Costco, 1800 Cavitt Drive
916-850-1000
- Raley's, 715 East Bidwell Street
916-983-7267
25025 Blue Ravine Road
916-351-1151
- Bel Air, 2760 East Bidwell Street
916-983-8844
- Safeway, 1850 Prairie City Road
916-608-2450
- Target, 430 Blue Ravine Road
916-984-9131
- Walmart, 1018 Riley Street
916-983-1090
- Whole Foods Market, 270 Palladio Parkway
916-984-8500
- WinCo, 200 Blue Ravine Road
916-608-4801

Nutrition Assistance Programs

- Twin Lakes Food Bank
www.twinlakesfoodbank.org
916-985-6232
- Meals on Wheels
www.mowsac.org
916-444-9533
- CalFresh
www.mycalfresh.org
916-874-3100



Dial-A-Ride From SacRT

Sacramento Regional Transit offers curb-to-curb transportation service for residents who have physical and/or cognitive disabilities as well as for senior citizens aged 55 and older. Visit www.sacrt.com or call 916-556-0250 for more information.




For a comprehensive Folsom COVID-19 Resource Guide, visit www.folsom.ca.us/covid-19 or contact the City of Folsom at 916-461-6618 or seniorassistance@folsom.ca.us.

Stay Informed

The Sacramento County Department of Public Health is the lead agency managing response to local COVID-19 testing, investigations, coordination with health providers, and public information. For comprehensive and up-to-the-minute Sacramento County Public Health information, visit covid19.saccounty.net or call 916-875-2400.


Stay informed about **City of Folsom** COVID-19 information and updates at www.folsom.ca.us/covid-19.

 facebook.com/CityofFolsom

 twitter.com/CityofFolsom

 instagram.com/CityofFolsom

 nextdoor.com/pages/city-of-folsom

 Sign Up For Email Alerts at www.folsom.ca.us/enews

Wear Face Coverings When Out in Public

The Centers for Disease Control (CDC) announced that cloth face coverings – such as bandanas, t-shirts, or homemade cloth coverings – are now recommended for people leaving the house for essential activities, such as buying food or obtaining medication. Face coverings can help prevent asymptomatic and pre-symptomatic carriers of COVID-19 from transmitting it to others.

Residents are urged to leave N95 and surgical masks for those who need them most – our healthcare providers, first responders, caregivers, and other essential workers. Health officials stress that while face coverings can provide added protection, they are not a substitute for other precautions – such as staying at home, hand washing, and social distancing.



City Manager Elaine Andersen

How to Wear a Cloth Face Covering

Wash your hands before and after touching your face covering. The face covering should:

- 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
- be able to be laundered and machine dried without damage or change to shape

For tips on making and wearing a face covering, visit www.folsom.ca.us/covid-19.

Folsom's Water Supply is Safe



The Folsom Environmental and Water Resources Department reminds the community that the city's water supply remains safe, high-quality, and reliable. The COVID-19 emergency has no impact on Folsom's water quality. The city's water treatment process uses filtration and disinfectants that remove or kill pathogens. In fact, Folsom's water quality exceeds both state and federal water quality standards.

Closed City Facilities and Amenities

To help protect the health and safety of the Folsom community, the following City of Folsom facilities and amenities remain closed until further notice:

- Folsom Public Library and book returns (*no overdue fees will accrue*)
- Steve Miklos Aquatic Center
- Folsom Art Center and the Gallery at 48 Natoma
- Andy Morin Sports Complex
- Folsom City Zoo Sanctuary (*zookeepers remain on duty to care for the animals*)
- Folsom Senior Center
- Folsom Community Center
- Rotary Clubhouse
- Folsom Skate and Bike Park
- Athletic fields, including Lembi, Livermore, Econome, Kemp, Catlin, Davies, Ed Mitchell, Briggs, Rodeo, Handy Family, McFarland, Mann, Nisenan, Cohn, and Sheldon parks
- Basketball, bocce ball, pickleball, tennis, and volleyball courts
- Ball walls
- Disc golf course at B.T. Collins Park
- FIDO Field Dog Park
- Playgrounds and play equipment

No Wipes in the Pipes

As residents continue to stay at home to help prevent the spread of COVID-19, toilets and sewer pipes are at risk of becoming clogged with paper products and other materials that are harmful to the sewer system. The Sacramento Area Sewer District (SASD), the region's sewage collection utility, reminds everyone to flush only toilet paper and human waste – nothing else.

Disposable wipes – even wipes labeled as “flushable” – are the biggest problem, as they can create blockages in toilets, pipes, and sewer pump stations. These clogs can create costly, messy sewer backups and overflows that threaten public health and the environment.

Experiencing a sewer problem, like a slow drain or backup? Call SASD 24 hours a day, 7 days a week – even on holidays – at 916-875-6730. Learn more at www.sacsewer.com.

Sacramento Regional Transit Modified Schedule

SacRT has added more frequency and earlier start times for some bus and light rail routes to help customers travel to essential destinations. The Folsom Stage Line bus service (routes 10 and 30) and Folsom SmarT Ride on-demand microtransit shuttles are still available Monday through Friday. Find details about the modified schedule at www.sacrt.com.



SacRT is cleaning and sanitizing buses, light rail vehicles, and boarding areas daily. Riders are urged to download the ZipPass mobile fare app or purchase a Connect Card instead of using cash to help reduce touch points. As an added precaution, SacRT implemented rear door boarding on all buses.

Ways to Help in Our Community

Folsom residents, businesses, schools, and community organizations are stepping up to help during this difficult time. Giving keeps our community strong and helps individuals feel a greater sense of purpose and happiness during these uncertain times.

Support Residents

- Donate food, time, or money to the Twin Lakes Food Bank.
- Donate to HART of Folsom to assist those seeking safe shelter during this outbreak.
- Donate to Sacramento Self-Help Housing to help families who are suffering financial losses to maintain their housing.
- Donate money to Meals on Wheels Sacramento to provide home-delivered meals to seniors.
- Check in on elderly neighbors and see if they need help getting essential supplies.
- Help local students as they navigate distance learning with Folsom's Hope.
- Hand-sewn reusable masks are in demand for non-medical environments. For more information, visit www.folsom.ca.us/HowYouCanHelp.

Support Healthcare Providers

- Donate medical supplies: Sacramento County is accepting new/unused N95 masks of any type, surgical or procedural masks, non-latex medical

gloves, hand sanitizers, and disinfectant sprays. Donations are accepted from 9 a.m. to noon Monday through Friday at 9680 Conservation Road in Sacramento, 95827. Many hospitals are also accepting protective personal equipment.

- Schedule an appointment to donate blood at Vitalant.

Support Local Restaurants and Businesses

- Buy gift cards to your favorite restaurant.
- Shop your favorite local business online.
- Order takeout or delivery from Folsom restaurants.
- Be patient; many businesses are working in a reduced capacity and you may experience longer waits or out-of-stock items.
- Stay home if you're sick. Don't put others at risk – consider using a delivery service if there is something you need.
- Show your appreciation and thank the employees who are keeping these essential businesses operating.

If you have unique and inspiring ways Folsom residents and businesses are coming together during this unprecedented time, we encourage you to share your stories on social media using the hashtag #ResilientByNature or email communications@folsom.ca.us.

Outdoor Recreation Guidelines



Nature breaks – going outside for some fresh air and a change of scenery – can do wonders to improve our mood. The current Sacramento County Public Health Order allows residents to leave their homes to engage in outdoor activity; however, non-essential gatherings of any number of individuals are prohibited. As of this time, Folsom’s 48 parks and 50 miles of recreational trails remain open.

Athletic fields, sports courts, playgrounds/play equipment, and park amenities are currently closed to the public at all City of Folsom parks and all FCUSD school campuses are also closed. FIDO Field dog park and the Folsom Skate and Bike parks are closed and should be considered off-limits.

The city’s Park Patrol staff are circulating through every park several times each day, seven days a week, and are available to answer any questions you may have and to assist with compliance of the Sacramento County Public Health Orders and the City of Folsom closures.

To help prevent the spread of COVID-19, here’s how to get your outside time the right way:

- Pick a location that’s close by your home – walk your dog around your neighborhood, visit a nearby park, or bicycle along a section of one of our local recreational trails.
- Go solo or with members of your household; meeting up with friends or groups of people is not allowed (you can do that virtually).
- Maintain a social distance at all times of six feet or more from other people when you’re outdoors, whether you’re on foot or on bike.
- Follow instructions and notices on signs posted at parks and along trails.
- Keep dogs on a leash at all times, and don’t allow them to visit with any person who is not a member of your household.
- Avoid crowded areas – if a park or trail seems too crowded to allow for social distancing, choose a different location or visit at an off-peak time. City of Folsom park hours are 7 a.m. to one hour after sunset.
- Once you return home from an outdoor trip, remember to immediately wash your hands with soap and water for at least 20 seconds.

We’re in this together – everyone has the responsibility to help “flatten the curve” by remaining at home as much as possible.

City of Folsom Continues to Provide Essential Services

The City of Folsom’s essential services – including police, fire, ambulance, water, wastewater, streets, garbage/recycling, planning/building, and park maintenance – remain fully operational and are continuing without interruption. Folsom City Hall, located at 50 Natoma Street, is open to the public during regular business hours. For the latest information about the status of city programs, events, and facilities, visit www.folsom.ca.us/covid-19.



City Hall



Police



Fire



Ambulance



Water



Wastewater



Streets



Garbage/
Recycling



Planning/
Building



Park
Maintenance



50 Natoma Street
Folsom, CA 95630

CITY OF
FOLSOM
DISTINCTIVE BY NATURE

FOLSOM POSTAL CUSTOMER

PRESORT STANDARD
US POSTAGE
PAID
PERMIT NO. 218

Folsom Public Library Services

The library's building and book returns are closed for the duration of the state of emergency. All checked-out and on-hold items are paused until the library reopens, and no overdue fines will accrue. The library has started delivering many services online, including mini storytimes, a virtual information desk, a Spring Reading Challenge, and online programs for children. Learn more at www.folsom.ca.us/library.

The library's eBooks, eAudiobooks, online encyclopedias, and other resources are available 24/7. If you do not have an active library card, sign up for an eCard to access all our online resources by emailing libcirc@folsom.ca.us.



Stress Relief Resources for Adults and Children

The challenges of sheltering, schooling, and working from home can create stress for any of us, no matter what our age. The California Department of Public Health and California's Surgeon General have released a "Playbook for Stress Relief" and a variety of information and resources related to mental health support, mindfulness, and stress management for adults and children.

Strategies to help manage stress and the health of you and your family include:

- **Supportive relationships:** maintain social contact with friends, family, or others by phone, text, or internet.
- **Exercise and nutrition:** exercise, especially outdoors, can help alleviate stress. Eating healthy foods and limiting alcohol intake also help to combat stress.
- **Sleep:** keeping to a regular sleeping/walking schedule can help ensure that you get a sufficient amount of quality sleep.
- **Mindfulness:** practice mindfulness in whatever way works best for you, which could be yoga, meditation, prayer, or anything you find calming.

Hotlines and resources are available for anyone who is feeling overwhelmed with sadness, depression, or anxiety. Additional resources are available if you are in crisis due to harmful thoughts or if you are experiencing abuse by a partner. Visit www.covid19.ca.gov for the resources, hotlines, information, and the Playbook for Stress Relief.

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CITY OF FOLSOM NEWSLETTER

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