

CORONAVIRUS UPDATES

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Week of November 23, 2020

A Thanksgiving Message to our Community from the Alameda County Health Care Services Agency

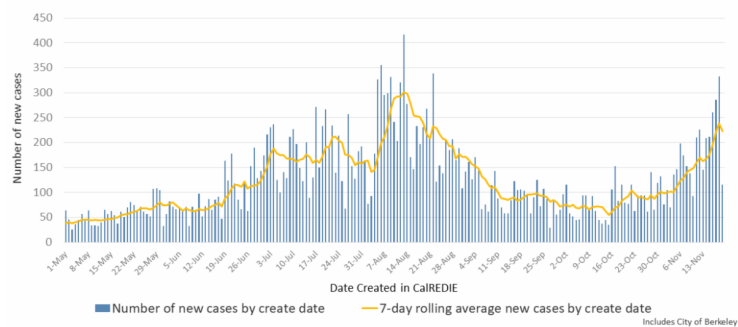
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During this week of Thanksgiving, we are grateful for a community that came together as one of the first counties to shelter-in-place last March, to protect ourselves and each other from the emerging threat of COVID-19. We mourn our community members lost to COVID-19 and are thankful for the lives saved and hospitalizations avoided by all of us doing our part. As we work through another big surge in cases, we find we must pull together again to flatten a sharply rising curve in our county.

A few sobering facts:

- This week, the US [surpassed 12 million cases](#) reflecting an increase of more than 1 million COVID-19 new infections in less than a week.
- Last week, California became the second state to [surpass 1 million COVID-19 cases](#) since the start of the pandemic.
- Today, Alameda County total cases are nearing 28,000 with an [unadjusted rate of 11.4 new cases of COVID-19 per day per 100,000 residents](#) which is up from 9.1 last week and keeps us in the Purple Tier for California's [Blueprint for a Safer Economy](#).

New Alameda County COVID-19 Cases by date created, 2020



This is part of the reason behind the Governor's [holiday and travel advisories](#) and [limited stay at home](#) order which includes a curfew for Purple Tier counties. As cases continue to increase, the safest way to celebrate is at home with the people you live with. Gatherings with family and friends who do not live with you increase the chances of getting or spreading COVID-19 or the flu.

It's important to [do what is best for your health and the health of your loved ones](#).

This year, spend time with the people who live with you. When you talk with friends and family about plans, it's ok to decide to

YOUR 'BUBBLE' IS ONLY AS SAFE AS ALL OF THE PEOPLE IN IT.



stay home. Choosing to be apart this year may mean that you can spend many more years together.

Alameda County residents should stay home and not travel this holiday season, especially those with COVID-19 symptoms or exposures. Traveling and gathering spreads COVID-19 infection. If you have close contact (within 6 feet and for 15 minutes or more) with anyone outside of your household during the holiday weekend, monitor yourself for 14 days and get tested immediately if you

develop symptoms. Even if you don't develop symptoms, consider getting tested within 3 to 7 days of exposure.

[Community testing sites](#) and [testing events](#) supported by Alameda County are free and open to anyone who needs to get tested. Some testing sites are experiencing increased demand for appointments. You can find a site that has walk-up or onsite registration capacity or contact your health care provider for a test.

Our lives are precious. As we move toward [year-end celebrations](#), we encourage you to give the gift of health this year. Please wear a mask at all times when outside your home. Wash your hands, disinfect your phone, keys, and frequently touched surfaces. If you have to leave home, please avoid gatherings and keep at least 6 feet of distance from others.

Give the gift of health



We're in this together and we can flatten the curve one more time. Let's stay home to stay healthy, and be well, so that we can get back together again.

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