

COVID-19 Emergency Operations Center

LOS ANGELES COUNTY UPDATE

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Contact:

Los Angeles County Joint Information Center - COVID-19

pio@ceooem.lacounty.gov

HEALTH OFFICER ORDERS, INCIDENT REPORT AND SENIOR CARE

The County of Los Angeles is regularly updating resources on COVID-19 and offers today's update in an effort to keep you and yours informed. Please share the following up-to-date information:

Health Officer Orders

Los Angeles County's Department of Public Health has provided additional Isolation & Quarantine requirements for LA County residents. The following are highlights from today's orders:

- individuals who test positive for COVID-19, and those who are told by a clinician they are presumed to be positive for COVID-19, are **required to self-isolate** for a period of 7 days and 3 days of being symptom free
- those who have been in close contact with someone who is positive (or presumed positive) **must quarantine** themselves for 14 days from their last exposure to that person

Additionally, it is critically important that everyone adhere to all social distancing measures and practice good public health hygiene, including washing hands as frequently as possible.

Incident Report

The following is a high level summary of today's L.A. County Emergency Operations Center's COVID-19 disaster efforts. Click [here](#) to view.

Senior Care

The County of Los Angeles continues to offer its older adult population with critically-needed services. It is important to know:

- Meals:
 - Meal sites operated by the County of Los Angeles and the City of Los Angeles are in the midst of transitioning all meal operations to home delivered meals.

- For details on the status of your location, visit: <http://bit.ly/mealsites>
- Older adults may also contact their local meal provider to make arrangements. Call **1-800-510-2020** for assistance.
- Medical Care:
 - Today, L.A. County's Department of Health also issued the following guidance to older adults, in light of increased COVID-19 spread:
 - If you have underlying health conditions you should consider contacting your providers earlier when you are sick
- Mental Health:
 - Older adults may experience stress more acutely during this time. *Know the signs.*
 - Fear and worry about personal health and the health of loved ones
 - Changes in sleep or eating patterns
 - Difficulty concentrating
 - Worsening of chronic health problems
 - Increased use of alcohol, tobacco or other drugs
 - The following tips can help you or your loved one manage anxiety and stress:
 - Connect with loved ones by reaching out virtually: call, text or video chat family and friends;
 - Set a limit on media consumption and stay informed by referring to credible sources for updates on the local situation;
 - Take care of your body by getting proper sleep, eating well and exercising regularly at home. Try an exercise app;
 - Make time to relax. Deep breathing exercises and meditation or yoga can greatly help. Try a mediation app, start a new hobby, or finish projects that have been put off.
 - Do not use drugs or alcohol to numb anxieties.
 - Stay focused on your personal strengths and maintain your purpose.
 - Join and participate in virtual communities based on your interests and hobbies.

If you are an older adult feeling overwhelmed, there is support available 24/7. Call the Department of Mental Health at **1-800-854-7771** or visit their website for [Coronavirus/COVID19 Mental Health Resources](#)

Additional Resources

The County of Los Angeles appreciates your continued partnership in responding to COVID-19 questions and needs of residents. For additional information, please visit:

- County of Los Angeles: [covid19.lacounty.gov](https://www.covid19.lacounty.gov)
- County of Los Angeles Public Health: publichealth.lacounty.gov
- California Department of Public Health: [cdph.ca.gov](https://www.cdph.ca.gov)
- Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)
- Los Angeles County residents can also call 2-1-1