



## PRESS RELEASE

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### FOR IMMEDIATE RELEASE

Tuesday, April 7, 2020

### City of San Dimas Office of the City Manager – Update April 7, 2020

#### *Latest Updates:*

- The State has authorized an emergency issuance of additional CalFresh (food stamps) benefits for all eligible households. Additional CalFresh benefits for March will be issued on Sunday, April 12. Additional benefits for April will be issued on Sunday, May 10
  - Check your EBT balance online at <http://dpss.lacounty.gov> or on the DPSS Mobile App
- State and local health officials say this week is critical in terms of flattening the curve, so Californians should try to stay home as much as possible
  - If you have essential needs, health officials are recommending using delivery services or ordering items online
  - For those who do not have access to online shopping or absolutely need to go to the grocery store, the California Grocers Association has outlined ten guidelines for safe shopping, <https://www.cagrocers.com/covid-19-statement-on-industry-conditions/>
- While we continue to follow the Safer at Home order, it is essential to be mindful of the effects of the pandemic on our mental and physical health. Stress and anxiety over COVID-19, economic stress over lost wages, school closures, and more can all increase stress-related health conditions
  - Visit <https://covid19.ca.gov/manage-stress-for-health/> for more resources on regulating stress during these difficult times
- If you need to go out into the community for essential trips, there may be some benefit to reducing asymptomatic transmission of COVID-19 by wearing face coverings. **Face coverings are not a substitute for physical distancing, washing hands, and staying home when ill.** If you choose to wear face coverings, people are urged to wear cloth face coverings and to **refrain from purchasing and using medical and surgical masks, which are desperately needed by our frontline healthcare workers.** Pomona Valley Hospital Medical Center offers the following information on cloth facial coverings:
  - Cloth face coverings should cover the nose and mouth
  - The primary role of cloth face coverings is to reduce the release of infectious particles into the air when someone speaks, coughs, sneezes
  - Frequently wash your cloth face covering, ideally after each use, or everyday