

# Sacramento County Plan for Moving Through Stage 2

The purpose of this plan is to provide a framework for Sacramento County reopening of sectors of the community. The goal is to continue to mitigate the spread of COVID-19 to the greatest extent possible while also addressing the need to gradually reopen the economy and vital services in a safe manner. Our approach strives to balance the need to begin to reopen with continuing to safeguard the health of the community and in particular to protect high risk individuals. Decisions to relax restrictions will be data-driven, based on current best practices and guidance; and aligned with California’s Roadmap to Modify the Stay-At-Home Order. This plan is a framework only and is not prescriptive and may be adjusted, adapted based on current and evolving information and circumstances.

## REOPENING FRAMEWORK

The following sections describe the key principles and concepts on which our reopening framework is based.

### Risk Assessment

The determination of risk level is based on the: 1) likelihood or probability that an action will result in increased transmission; 2) along with the consequences or impact that increased transmission would have on individuals or communities. Our current scientific understanding of COVID-19 indicates that transmission occurs primarily through prolonged close contact. Therefore, situations where close contact is minimal will be lower risk settings.

A third consideration is the ability to implement mitigation measures that can decrease both the likelihood and consequences of transmission. A setting that is considered to be high risk because of likelihood or consequences of transmission, may be able to reduce the risk level through targeted mitigation steps. Mitigation measures will vary depending on the setting but generally, the following measures are effective in reducing risk of infection in any setting.<sup>1</sup>

- Physical Distancing - reducing the number of people present in a retail or work space; and maintaining a distance of at least 6 feet between people who are present.
- Sick Leave – supporting and allowing employees to remain at home if they are sick or have been in close contact with someone who is sick.
- Physical barriers – creating physical barriers between people when possible.
- Wear nonmedical face coverings

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### Communication

Throughout all stages of our reopening plan, community engagement and communication are critical components. Clear and regular communication is essential to ensuring that the public and business community understand the limits of each phase and accompanying regulations and mitigation measures. In turn, an informed public is more likely to continue to act responsibly to protect themselves and others, and comply with new requirements and recommendations. Particularly in this current climate of fear, uncertainty and change, regular communication is essential to inform, reassure, and manage expectations. Sacramento County routinely uses various modes of communication including webpages, press releases, and media interviews to inform and updates the public. Sacramento County Public Health (SCPH) established a bi-lingual English and Spanish COVID-19 Hotline, and collaborates with 211 and 311 to provide information in additional languages.

### Prevention and Protection

All Sacramento County residents have an important role and responsibility to take measures to protect themselves and others. Until there is an effective vaccine or treatment, it is crucial to continue community interventions to suppress the spread of COVID-19 throughout all phases of reopening and recovery. While restrictions on movement and travel will be eased, Sacramento County residents and business are asked to adopt and follow prevention measures. General descriptions of these practices are described below. Additional, sector-specific guidance is provided through separate communication pieces such as attachments to Health Officer Orders.<sup>2</sup>

### Vulnerable Populations

Evidence shows that those who are elderly and/or have chronic medical conditions are at increased risk for serious illness if exposed to COVID-19. Persons at high risk for serious complications of COVID-19 should continue to practice extreme caution and safety measures by staying in their residence as much as possible throughout all phases of reopening.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>).

### Individuals

Individuals should continue to: 1) stay home as much as possible; 2) practice social distancing; 3) follow good hygiene and cleaning practices; 4) stay at home when sick and avoid others who are sick; and 5) wear face coverings when in public and not able to practice social distancing.

### Businesses/Employers

Businesses and employers are required to: 1) allow employees to work remotely as much as possible; 2) complete and implement “Social Distancing Protocol” which includes safety

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measures for employees and customers; and 3) implement additional practices appropriate for specific types of businesses, such as screening employees for illness and exposure.

### Continuous Monitoring and Evaluation

Key indicators will continue to be monitored, and trends will be evaluated to inform data-driven decisions to move from one Stage to the next. Additionally, if measures indicate an increase in COVID-19 cases, then Sacramento County may resume stricter containment and/or mitigation measures.

Sacramento County will continue doing the following:

1. Monitor case and death counts daily and update the Epidemiology Dashboard
2. Continue regular communication with stakeholders, including the hospital systems and Long Term Care Facilities (LTCFs) to monitor trends and capacity and anticipate
3. Continue monitoring surge capacity and PPE needs of Healthcare facilities
4. Continue coordination with neighboring counties
5. Continue updating guidelines as needed when updated by CDPH and CDC

See *Sacramento County Triggers for Modification of Reopening* for a description of the triggers that may indicate that modifications to our reopening process may be warranted.

## PHASED APPROACH

Based on potential risk, Sacramento County's strategy for easing restrictions of the Stay At Home order is a gradual lifting of restrictions implemented in four phases. This phased strategy may be adjusted as COVID-19 conditions evolve. As described above, a continuous process of disease surveillance and monitoring; in conjunction with the capacity to test for COVID-19, conduct contact tracing, surge healthcare, and protect high risk/vulnerable populations will guide movement from one Stage to the next.

## Moving Through Stage Two

In order to allow for a safe and cautious reopening, Stage Two will be implemented in two parts: A and B. A number of factors were considered in deciding which category of business or community activity could be resumed, and to what extent. These factors included:

- Risk of disease transmission during the activity
- Number of people who could potentially be infected during the activity
- Benefit or impact of resuming an activity on other aspects of the community
- State of California Stages of Reopening

Health Officer Orders will be released to announce and explain each new phase of reopening. These Orders, along with sector specific requirements, and general guidance and information, will be posted on the County websites.

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Below is an overview of the sectors and venues to reopen during parts A and B of Stage Two. Additional information is provided in “Sectors and Timeline”.

### Stage 2A – Reopen Some Lower Risk Businesses and Workplaces With Adaptations

#### **Individuals and Community**

- Continue to practice physical distancing – When in public spaces, maximize physical distance from others (at least 6 feet).
- Wear face coverings when social distancing is not possible
- Stay home if sick
- Practice good hygiene-wash hands frequently with soap and water (use hand sanitizer if soap and water are not available)
- Cover coughs and sneezes
- Avoid touching eyes, nose and mouth with unwashed hands
- Disinfect surfaces and objects regularly

**Social Settings** – Gatherings should be limited to persons who live in the same household.

**Vulnerable (high risk) Populations** - Continue to practice extreme caution and safety measures by staying at-home as much as possible.

**Non-essential travel is discouraged**

#### **Work and Business**

Employers must develop a physical distancing plan that will provide for adequate physical distancing. Information and a plan template will be provided by SCPH.

- Telework continues to be encouraged.
- Small businesses (1 to 2 person offices) that cannot telework can open.

#### **Businesses**

- Small retail stores: book stores, sporting goods, clothing, florists, supplies, and libraries may open to provide curbside pick-up.
- Restaurants – takeout and delivery only

**Healthcare and Medical** - Preventive Services and elective surgeries as clinically appropriate

**Recreation**-Dog parks, tennis courts and beaches open

## Stage 2B – Reopen Additional Lower Risk and Some Medium Risk Businesses and Workplaces With Adaptations

**Individuals and Community-** Continue to practice physical distancing and other safety measures described in Stage 2A.

**Social Settings** –gatherings limited to persons who live in the same household  
Special ceremonies and events (graduations) may be conducted only as drive through events.

**Vulnerable (high risk) Populations-** Continue to practice extreme caution and safety measures by staying at-home as much as possible.

**Faith-Based/Religious Services – drive-in only**

**Transportation-**Full service public transportation may resume with safety precautions

### Work and Business

All enterprises and employers must develop a physical distancing plan that will provide for adequate physical distancing. Information and a plan template will be provided by SCPH.

- Telework continues to be encouraged.
- Close or limit capacity in common areas such as break rooms and meeting rooms in order to provide for physical distancing.
- Provide protection and accommodation to employees who are high risk for COVID-19.
- Ensure sick employees remain at home or go home immediately if they become ill at work.
- Disinfect surfaces and objects regularly

### Businesses –

Owners and operators should limit the number of staff and patrons in the building at any time. Ideally, less than 10 people in a small store or office. Limit contact as much as possible while providing services such as provide curb-side pick-up, and stagger appointments.

The following may reopen utilizing appropriate social distancing and other infection control measures. See “Reopening Guidelines for Businesses and Employers” for details.

- Micro enterprise
- Retail/storefront open
- Agriculture, food and beverage cultivation, process and distribution open
- Businesses that supply/support essential businesses open by appointment only
- Restaurants may resume dine-in seating with reduced capacity.

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### **Professional Services**

- Plumbers, electricians, landscapers, etc. may resume using social distancing and personal protective equipment.
- Child Care and Day Care

### **Health and Medical Care**

- Preventive Services and elective surgeries as clinically appropriate
- Medical and dental offices may reopen.

### **Recreation**

- Outdoor recreation may resume with social distancing

### References

1. Johns Hopkins Bloomberg School of Public Health; Public Health Principles for a Phased Reopening During COVID-19: Guidance for Governors, 2020
2. California COVID19 Resilience Roadmap <https://covid19.ca.gov/roadmap/>
3. Office of the Governor; Safe Start Washington: A Phased Approach to Recovery, May 4, 2020