



The Menlo Park Fire Protection District, in collaboration with the San Mateo County Health Department, is currently taking proactive steps to protect the health of our community from the spread of the novel coronavirus (COVID-19). The District recommends the following steps with the purpose of slowing the spread of COVID-19 and reducing the number of people infected:

- Avoid close contact with people who are sick.
- Stay home when you are sick, unless you need to receive medical care.
- Cover your coughs and sneezes with a tissue.
- Clean surfaces and objects that are frequently touched using a regular household cleaner with water daily.
- Wash your hands with soap and water for at least 20 seconds after using the bathroom, eating, blowing your nose or sneezing.
- Avoid touching your face.
- Maintain a distance from others while out in public (6 feet).
- Choose a room within your household that can be used to separate the sick from the healthy.
- Educate yourself on your child's school or childcare facilities emergency operations plan.
- Educate yourself on your employer's emergency operations plan.

We understand that the impact of the current outbreak has a tremendous effect on the community. The District is continuously educating its Line Personnel on the proper assessment and treatment of citizens that present with flu-like symptoms. We encourage all residents to read the most up-to-date resources available to them at the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

<https://www.smchealth.org/news/novel-coronavirus-updates-resources>