



Stay Home Except for Essential Needs

Yuba and Sutter Counties, with recommendation from Bi-County Health Officer Dr. Phuong Luu, have announced a “stay-at-home” directive urging residents to remain home except for essential needs. This is effective 11:59 p.m. Thursday, March 19.

While there are NO confirmed COVID-19 cases in Yuba-Sutter, the rapid growth in cases in surrounding communities like Sacramento increases the urgency of directing residents to stay home to slow the spread.

Everyone should stay home except to get food, necessary health care, go to an essential job, or care for a relative or friend. Use this time to ensure that your family, friends and neighbors who are most vulnerable (elderly and those with chronic illnesses) are as prepared as you are.

Why did Yuba-Sutter order a directive?

This public health emergency is fluid and dynamic. Directing the community to stay home NOW will help slow the spread of the COVID-19 virus through mass social distancing. Bi-County Health Officer Dr. Phuong Luu has repeatedly stated that confirmed cases of coronavirus in Yuba-Sutter are not a matter of “if” but “when.” This directive is necessary to protect our community’s most vulnerable and save lives.

Will I be cited if I leave my home?

At this time, no. This directive could become a public health order in the future, which may also come with enforcement. Officials hope to not make such a decision, and hope that the community will instead heed Dr. Luu’s recommendation to stay home as much as possible for the safety of the community. Of course, certain activities are exempt from the directive like going to the grocery store, going to your doctor’s office, or going to essential work. Even going out for a walk or run or hike is OK, so long as you are not in a group.

How long will we stay home?

This directive goes into effect 11:59 p.m. Thursday, March 19 and is set to last three weeks through Thursday, April 9. Yuba and Sutter officials want to ensure the directive is only in place for as long as necessary.

What businesses will be open?

Essential services that will remain open include:

- Grocery stores.
- Gas stations.

--City and County government services: police and fire stations, healthcare operations, jails, emergency management, garbage/sanitation, utilities.

--Post offices.

--Pharmacies.

--Take-out and delivery restaurants (inquire directly with restaurant).

--Banks.

--Food cultivation including farming, livestock and fishing.

--Food and agriculture processing facilities.

See complete list at BePreparedYuba.org or BePreparedSutter.org.

What should be closed to large groups?

--Dine-in restaurants.

--Religious institutions.

--Bars and nightclubs.

--Theaters.

--Gyms.

What am I being asked to not do?

--You are being urged to not engage in group activities—this means out in public or at home (like dinner parties). The point is to maintain social distance.

--You are being urged to not make unnecessary travel.

--You are being asked to not partake in unnecessary activities like getting a haircut, getting your nails done, going to a bar or brewery, or shopping for nonessential goods.

Can I still get deliveries from online stores?

--Yes. Mail and other delivery services to your home can continue to function.

Should I stock up on food, toilet paper and medicine?

--NO. It is important to balance preparedness with hoarding, as you want your fellow community members to be prepared and safe as well. Under this directive, residents can leave their homes for essential needs like grocery shopping and pharmacies.

Can I leave home to check on my elderly relatives or friends who require assistance to care for themselves?

--Yes. Caring for family and friends is covered under this directive as an exempt activity. It is important to ensure those most vulnerable and most in need are taken care of. When checking on these populations, be sure to protect them and yourself by maintaining at least 6 feet of distance when possible, washing your hands frequently, using hand sanitizer, covering your mouth when coughing or sneezing, and not touching your face.

Can I visit a loved one in the hospital or care facility?

--Generally, no. Hospitals are not currently allowing visitors except for end-of-life visits. For more information on a case-by-case basis, contact the facility you wish to visit by phone first.

What should I do if I'm sick?

Try to always CALL your primary care physician or Urgent Care before walking or driving to a healthcare facility. Let staff know of your symptoms, estimated time of arrival, and await direction. If you are directed to go to a healthcare facility in-person, be sure to maintain at least 6 feet of distance between yourself and others, and cover your cough or sneeze.

***For resources and more information, visit BePreparedYuba.org or BePreparedSutter.org.
General calls are being fielded through a bi-county Call Center Monday through Friday at
749-7700.***