

Southgate Recreation & Park District COVID-19 Information for Recreation Programs

In order to take precautions to protect the community and employees, Southgate Recreation & Park District will follow information provided by the federal government, the State of California Department of Public Health, California Department of Social Services and Sacramento County Department of Health Services. The State of California Department of Public Health and Department of Industrial Relations Cal/OSHA have adopted COVID-19 Industry Guidance to provide guidance to support a safe, clean environment for employees. The United States Centers for Disease Control and Prevention (CDC) has provided guidance.

Southgate Recreation & Park District is screening employees, participants, and visitors for COVID-19 symptoms before entering the facility. Anyone who has symptoms of COVID-19 or lives with someone who is diagnosed with COVID-19 may not enter Southgate Recreation & Park District facilities until they have met the CDC guidelines for ending home isolation. You can be with others after

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving. Loss of taste and smell may persist for weeks for months after recovery and need not delay the end of isolation.

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

What is COVID-19?

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

High Risk & Underlying Health Conditions

- People 65 Years and older
- People who live in a nursing home or long-term care facility
- People of any age who have serious underlying medical conditions may be at higher risk for more severe illness
- Underlying medical conditions include:
 - Chronic lung disease or moderate to severe asthma
 - Serious heart conditions
 - Immunocompromised
 - Severe obesity
 - Diabetes
 - Chronic kidney disease undergoing dialysis
 - Liver disease

How it Spreads

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).

- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Prevent the Spread of COVID-19

- Stay home if possible
- Wear a mask to protect yourself and others.
- Avoid close contact and stay at least 6 feet (about 2 arms' length) from other people. This is very important in preventing the spread of COVID-19.
- Avoid crowds.
- Avoid poorly ventilated spaces.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Cover your mouth and nose with a cloth face cover when around others.
- Cover coughs and sneezes.
- Monitor your health daily.
- Get vaccinated to protect against COVID-19.

Symptoms of COVID-19

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.
- Symptoms may appear 2-14 days after exposure to the virus.
- People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow Centers for Disease Control (CDC) guidance if symptoms develop.

Temperature/Symptom Screening

- **Employees, contractors, and participants will be screened before entering the facility.**
- Both people should wear face coverings and gloves for the screening and maintain 6-foot physical distance, if possible.
- Ask about symptoms. Individuals may not enter the facility if any of the following symptoms are present:
 - Temperature of 100.4 F/38 C or higher
 - Cough
 - Shortness of breath or difficulty breathing
 - Other symptoms of COVID-19.
- Make a visual inspection for signs of illness, which could include flushed cheeks or fatigue.

When to seek emergency medical attention

- Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
- *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

Handwashing

- Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.
- People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.
- Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.
- Germs from unwashed hands can be transferred to other objects, such as doorknobs, tables, or toys, and then transferred to another person's hands.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol to avoid the spread of germs.

Face Coverings

- Everyone 2 and older should wear masks in public.
- Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you.
- If someone in your household is infected, people in the household should take precautions including wearing masks to avoid spread to others.
- Wash your hands or use hand sanitizer before putting on your mask.
- Wear your mask over your nose and mouth and secure it under your chin.

- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it does not fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.

Physical Distancing

- Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home.
- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - **Stay at least 6 feet (about 2 arms’ length) from other people.**
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

If you are sick – stay home!

- We actively encourage sick employees to stay home.
- Employees who have symptoms should notify their supervisor and stay home.
- Sick employees should follow CDC recommended steps:
 - **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
 - **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
 - **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
 - **Avoid public transportation,** ride-sharing, or taxis.
- Separate yourself from other people
 - **As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- Monitor your symptoms
 - **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.** Trouble breathing is a more serious symptom that means you should get medical attention.
 - **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.
 - Employees should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers.
 - At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and

- improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
 - At least 10 days have passed since symptoms first appeared.
- Employees and participants who are well but who have a sick family member at home with COVID-19 should stay home.

Emotional Well Being

- The coronavirus (COVID-19) outbreak is changing life for all of us. You may feel anxious, stressed, worried, sad, bored, depressed, lonely or frustrated in these circumstances.
- You are not alone.
- There are strategies for managing stress such as:
 - Be mindful of your intake of information from news sources about the virus and consider taking breaks from it.
 - Maintain social contact with supportive relationships like friends, family or others, by phone, text, or internet.
 - Treat your body kindly: eat healthy foods, avoid excessive alcohol, and exercise as you are able.
- Call your health care provider if your anxiety interferes with your daily activities.
- Learn about additional strategies to manage your stress for health.

Resources

Centers for Disease Control (CDC) www.cdc.gov
State of California COVID-19 <https://covid19.ca.gov/>
Sacramento County Public Health www.saccounty.net/COVID-19

Staff contact for COVID-19 concerns

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