Here are the most recent recommendations from the CDC and Sacramento County:

To protect public health and slow the rate of transmission of COVID-19, gatherings as described below should be postponed or canceled across the state of California for at least the remainder of the month of March. The California Department of Public Health finds the following:

- Large gatherings **that include 250 people or more** should be postponed or canceled. This includes gatherings such as concerts, conferences, and professional, college, and school sporting events.
- Smaller gatherings held in venues that do not allow social distancing of six feet per person should be postponed or canceled. This includes gatherings in crowded auditoriums, rooms or other venues.
- Gatherings of individuals who are at higher risk for severe illness from COVID-19 should be limited to no more than 10 people. This includes gatherings such as those at retirement facilities, assisted living facilities, developmental homes, and support groups for people with health conditions.

**How long will these limitations apply?**

This guidance will remain in place at least through the month of March 2020. As with all guidance that relates to COVID-19 response, authorities will revisit this guidance on a regular basis to evaluate the continued public health need for it and to evaluate if any elements need to be changed. To stay informed, continue to monitor this web site: [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx)

**PopUps Safety Strategies:**
- Providing hand sanitizing stations on site or providing small personal hand sanitizers.
- Cleaning and disinfecting frequently touched objects and surfaces such as door knobs and tables before and during PopUps.
- Encouraging youth to stay home if they do not feel well.
- Updating emergency contacts and safety plans in the event that youth become ill during PopUps.
- Posting the “Cover Your Cough” posters at PopUps site if possible (attached above) Here’s a link to downloads in several languages: [https://www.health.state.mn.us/people/cyc/genposter.html](https://www.health.state.mn.us/people/cyc/genposter.html)

**It’s always good to practice and remind the youth you serve to:**
- Cover your cough or sneeze with a tissue, sleeve, or arm. Do not use your hands. See CDC’s Cover Your Cough page [https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm](https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm)
- Avoid touching your face, particularly your eyes, nose, and mouth with unwashed hands.
- Wash hands frequently. Wash with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Stay home if you are sick or have any respiratory symptoms. If you are uncertain about staying home, please consult your supervisor.
- Routinely clean and sanitize frequently touched surfaces.
- Get a flu vaccine if you haven’t had one yet. The flu vaccine will not protect against COVID-19, but is still highly recommended as flu cases are still increasing.
- Symptoms of Covid-19 are very similar to the flu, including runny nose, headache, cough, sore throat, fever and shortness of breath.

For more information on limiting the spread of viruses, please visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).