

Regional Information on COVID-19 Threat from Alert South Bay Cities

Joint Information Center

During this time of uncertainty, we acknowledge that all residents do their best to share verifiable resources and help reduce the spread of false information. Our Regional Joint Information Center is working in coordination with the Los Angeles County Office of Emergency Management, the Area-G Disaster Management Coordinator, and the Los Angeles County Department of Public Health (LACoDPH) to provide timely, accurate information to our communities.

There have been rumors circulating about the deployment of the California National Guard. As of today, March 20, 2020, no formal request has been made, nor received, by the County of Los Angeles. The South Bay cities continue to work with Los Angeles County within the scope of the [Public Health Officer Order](#) and have the resources to support the current needs of our communities. For the latest information from Los Angeles County, please visit www.covid19/lacounty.gov.

As a reminder to our communities, you have, and will continue to have, access to critical and essential resources. Examples of these essential businesses are:

- grocery stores, markets
- restaurants that are doing take-out, delivery, or drive-thru service
- convenience stores
- pet supply stores
- hardware stores
- gas stations
- laundromats
- plumbers, electricians, auto mechanics
- airlines, taxis, transportation providers
- banks

People are reminded to remain calm and not rush local grocery stores or hoard resources. **There is no disruption in our supply chains.**

KEYWORDS

As a reminder, residents are encouraged to register to receive emergency alerts. They can do so by visiting us at www.alertsouthbay.com or by texting your city-specific keyword to 888777. They are as follows:

- Regional Alerting: ALERTSB
- Inglewood: CV19ING
- El Segundo: CV19ES
- Manhattan Beach: CV19MB
- Hermosa Beach: CV19HB
- Redondo Beach: CV19RB
- Hawthorne: CV19HAW
- Torrance: TorranceAlerts
- Gardena: CV19GAR
- Lomita: CV19LOM
- Palos Verdes Estates: CV19PVE
- Rancho Palos Verdes: CV19RPV
- Rolling Hills Estates: COVID19RHE

Information can be found for each local municipality below by following the links provided.

- Redondo Beach: <https://www.redondo.org/news/displaynews.asp?NewsID=3119&TargetID=11>
- Manhattan Beach: <https://www.citymb.info/services/learn-about/coronavirus>
- Torrance: <https://www.torranceca.gov/government/city-manager/torrancealerts/torrancealerts-advisories>
- El Segundo: <https://content.govdelivery.com/accounts/CAELSEGUNDO/bulletins/281879f>
- Hawthorne: <http://www.cityofhawthorne.org/coronavirus>
- Hermosa Beach: <https://www.hermosabeach.gov/our-community/quick-links/coronavirus-updates-from-the-cdc>
- Gardena: <https://www.cityofgardena.org/coronavirus-covid-19/>
- Rolling Hills Estates: <https://www.ci.rolling-hills-estates.ca.us/Home/Components/News/News/885/419>
- Rancho Palos Verdes: <https://www.rpvca.gov/1277/Information-on-Coronavirus-COVID-19>
- Lomita: <http://www.lomita.com/cityhall/>
- Palos Verdes Estates: <https://www.pvestates.org/community/information-on-coronavirus>
- Inglewood: <https://www.cityofinglewood.org/civicalerts.aspx?aid=325>
- Lawndale: <http://www.lawndalecity.org/HTML/Coronavirus.html>

What You Can Do:

Self-management and personal responsibility are empowering. Staying healthy and safe from contagion is within your control. You can do this by:

- Following the "Safer at Home" [Public Health Officer Order](#). This enforces a simple fact during this crisis: you are safer at home. By staying at home as much as possible you are not only protecting your health, you are making it safer for the people we are depending on (first responders, healthcare workers, grocery and restaurant workers) to continue working.
- Remaining calm, practicing kindness, and looking out for your neighbors.
- For those with children, they will remember how you reacted and how their family home felt during this time. They are watching us and learning how to respond to stress and uncertainty.
- Offering help to others, especially those who have been identified as those who are considered to be high risk.
- If you suspect you may have been exposed or are symptomatic, please contact your local health provider first. If you do not have a healthcare provider, please Los Angeles County Department of Public Health by dialing 2-1-1 to get assistance.

For more information on how you can protect yourself please visit:

[Los Angeles County Department of Public Health](#)

[California Department of Public Health](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

CORONAVIRUS WHY AND WHEREFORE

At the risk of repetition and redundancy, since we are all hunkered down, exposed to media stories of the coronavirus pandemic 24-7, here is a brief summary of the what-to-do's and whys of sheltering-at-home, which is our new normal for the next (no one really knows exactly) 2 months or more.

Coronavirus plays to our weaknesses in a big way. Our brains are not so good at comprehending risk, understanding probability, anticipating and accepting big changes, and dealing with uncertainty. So, if this crisis has hit you like a ton of bricks, you're not alone.

There are three reasons you should stay home and try your best not to get coronavirus. The first is that we do not know enough about the virus. Yes, it's been around for months, but our understanding is limited. We don't know if there are long-term consequences to the infection for those who recover. There are indications that coronavirus may leave some patients with permanent lung damage. We will not know until the people who have survived get fully checked out months after their recovery.

Second, you need to protect yourself and your family. Yes, about half of cases are mild enough that they can be mistaken for a cold. But "mild" in medical epidemiologic terminology means simply that you don't need to go to the hospital. Another roughly 30% of the cases are that flavor of "mild" where people experience the worst flu-like symptoms of their lives.

The next level up, "severe" affects an estimated 15% of cases. These people end up in the hospital because they require supportive oxygen treatment. Most of these "severe" cases are older people, or those suffering from pre-existing conditions, or both.

Finally, about 5% of sufferers experience "critical" symptoms. They need a ventilator to breathe; they need to be on life support. It is believed that the total case fatality ratio is close to 1% if hospitals are functioning. If not, it is substantially higher.

Which brings us to the final reason this pandemic must be taken this seriously. Regardless of the country you consider, hospitals do not have enough ventilators. America has more critical care beds than anyone else, but we only have 100,000. Those who will recover successfully from the "critical" category need a week or so of intensive care.

Therefore "flattening the curve" and doing whatever is necessary to lower and spread out over time the total number of cases as much as possible will forestall overwhelming our healthcare system.

Otherwise, what happens is one must choose who gets help and who to save. This is called triage. The Italians and Iranians have been mournfully struggling with that. They now have guidelines for who gets any time in critical care and who is left to die.

In the worst-case scenario, many more Americans will die than during the whole of World War II, including the doctors and nurses risking their lives for you and everyone you love. You can literally save lives by staying home.

Here are the ways to save lives. Maybe even your own. Let's start with personal protection based on our current understanding of the virus.

[Keep germs at bay](#)

Washing your hands is the absolute best thing you can do. [Watch this short video on doing it properly.](#)

Coronavirus may live on cardboard for a day, plastics and metals upwards of three days. So, don't wear your

shoes in your house, clean or quarantine anything coming into your home from outside for at least three days, and use isopropyl alcohol (at least 60%), peroxide, or bleach-based cleaners frequently on commonly touched surfaces. Yes, some of this may be overkill, but better safe than sorry.

Masks

If you have a supply of masks, donate them. There are doctors and nurses going without and all of us know someone in the field. It's not that masks don't offer protection, it's that unless you are close to someone's face – like a health professional – the chances of your mask helping you with anything is extremely low. Keep a small stash in case you get sick so you can protect your family members from your germs. When more supplies are available, wear a surgical mask everywhere, but not for you. Masks for the general public are about you not spreading the illness before you become symptomatic.

Leaving the house

If you must go out, bring hand sanitizer or alcohol wipes. Wear your glasses. Use disposable gloves to pump gas, etc. Don't shake hands. Keep a social distance of at least six feet. Open air is better than enclosed spaces. Keep your hands off your eyes, nose, and mouth. Most major grocery stores have apps where you can order and pay for food ahead of time. That way you just need to pick it up.

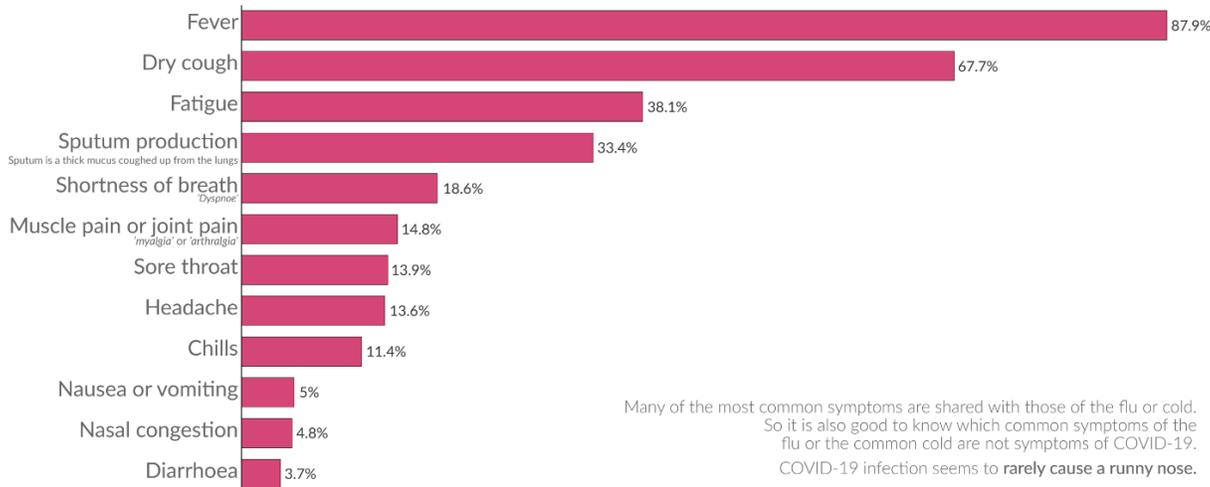
Health

The healthier you are, the better. Get the flu shot. Not because it will protect you from coronavirus, but because you do not want to have the flu and coronavirus at the same time. Coronavirus at its core is a respiratory condition, so stay in shape to the extent possible. Keep up an exercise routine that helps you breathe deeper and easier.

The symptoms of coronavirus disease [COVID-19]



The most common signs and symptoms of 55,924 laboratory confirmed cases of COVID-19. Reported from China in the period up to February 22, 2020



Data source: World Health Organization (2020). Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19). Symptoms in fewer than 1% are not shown. OurWorldinData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the authors.

Symptoms

Symptoms usually appear in about 5 days after exposure, but it could be as many as 14 days, or maybe more. Some people never show symptoms but still spread the virus. This means that if you have been in a risky situation, you should stay away from people with compromised health for at least 14 days. If you develop symptoms, they will likely include fever and a dry cough. You may get extremely tired or have muscle pain. If you become short of breath, you may have progressed from the “mild” to the “severe” category; sometimes this can happen overnight. It's time to call your doctor, immediately.

If you are sick

Stay home, even if it's clearly not coronavirus. Isolate yourself from your family to the extent possible. If you get the coronavirus, that does not mean your immediate family already has it even though you've likely been contagious for a few days. They should take precautions from you. The CDC has [advice for disinfecting your home](#).

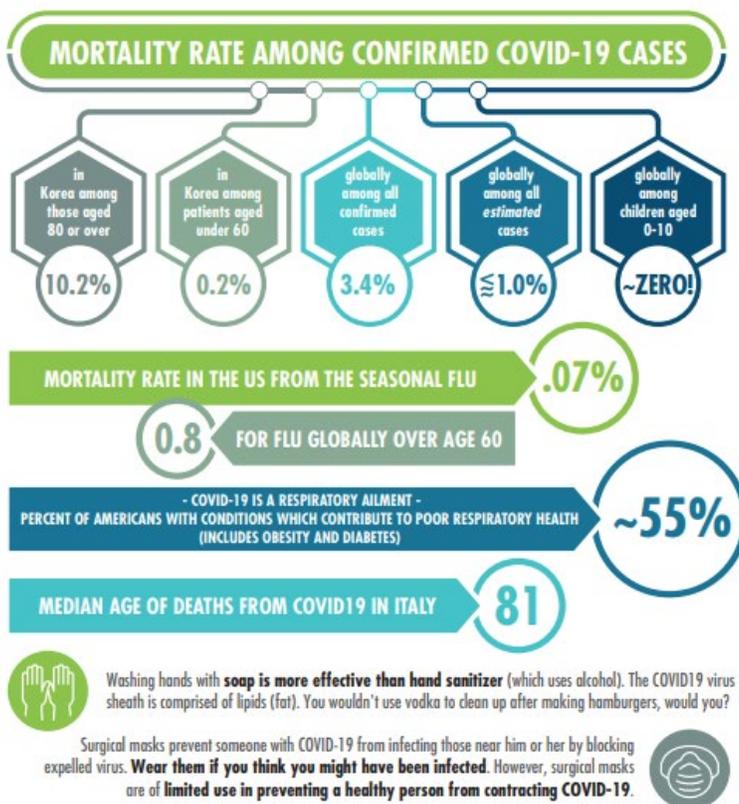
Things to not worry about

Food. Your grocery store has been preparing for this and warehouses are full even if workers are struggling to keep retail shelves stocked. Tech supply chains fall apart because it's difficult to make an iPhone if you only have 99% of the parts. Food supply chains are the opposite. You may have to come back another day, so don't let your personal food stores get too low, but more food is coming. And because food will continue to be prioritized, this should be true even if things get much worse before they get better. Remember tap water. It is strictly monitored, safe, and there is no reason to think it is going away. Regulations and practices for producing bottled water are not nearly as rigorous and producing bottled water is far more labor intensive.

Gasoline. The United States isn't simply a net exporter of crude oil, it is the world's largest exporter of refined product. Unlike manufacturing, oil production, refining, and fuel transport are extremely low-employment activities. There is no reason to expect disruptions to any part of this system.

How long will this last?

We just don't now. You should start settling in. Best case scenario estimates are a couple months. But when we will relax, we will need to remain vigilant for a few weeks in case there is a need to cope with a flare up in this or that city. There are several treatment regimens which may show promise, but what we really need is a vaccine. At the soonest that will be October. And that is not very unlikely.



Information within comes from many sources, including the World Health Organization, the US Centers for Disease Control, and South Korea, India, Iran and Chinese health authorities. In all cases the data used is the best available as of March 17, but variations in national statistical gathering are extreme even in non-crisis periods and health care quality and population health make comparisons difficult. This is less comparing apples and oranges and more a fruit salad. Finally, much of this data is gathered from countries mid-epidemic. Gathering data isn't their top priority. They are doing the best they can. We all are.

