



Service to Achieve Growth and Empower
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Hello SAGERS!

Due to the COVID-19 virus, California's Governor Gavin Newsom gave orders to all Californians to stay in doors for the upcoming weeks. What this means to the SAGE family is to only leave the home if you need to buy groceries, attend doctor appointments, or to get a little fresh air. The goal is for us to limit the amount of exposure by not being around people in public places. If anyone you are working with is feeling sick stay home and please call the support line as soon as possible.

Activities we can do:

- SAGE's garden is open – you can go with just your staff.
- Take a walk or short hike in nature, at the beach, or around the neighborhood.
- Take a short bike ride along a path or around the neighborhood.

What SAGE knows:

- By following the governor's orders we will be able to reduce the amount of COVID-19 cases and keep each other safe.
- Many businesses are closed due to the governor's order.

What you can do:

- Explain the governor's orders to participants and help them understand what is going on and know what types of activities can be safe for each individual we support.
- Cover coughs and sneezes by either coughing or sneezing into your arm or by using a tissue that you throw into the trash.
- Use sanitation wipes and cleaning products throughout the homes, to ensure a clean and safe environment.

Resources:

- California Department of Public Health
<https://www.cdph.ca.gov/programs/cid/dcdc/pages/immunization/ncov2019.aspx>
- Tri-County Regional Center
<https://www.tri-counties.org/>
- Center for Disease Control
<https://www.cdc.gov/>



Understanding **COVID-19**

WHAT WE KNOW

COVID-19 IS AN UPPER-RESPIRATORY
VIRUS THAT IS HIGHLY CONTAGIOUS.

IT IS SPREAD THROUGH DROPLETS
IN THE AIR THAT CAN MOVE 6 FEET
BEFORE THEY REACH THE GROUND.

CA GOV. GAVIN NEWSOM GAVE A
STAY-AT-HOME ORDER TO REDUCE THE
SPREAD OF COVID-19.



STAYING SAFE:

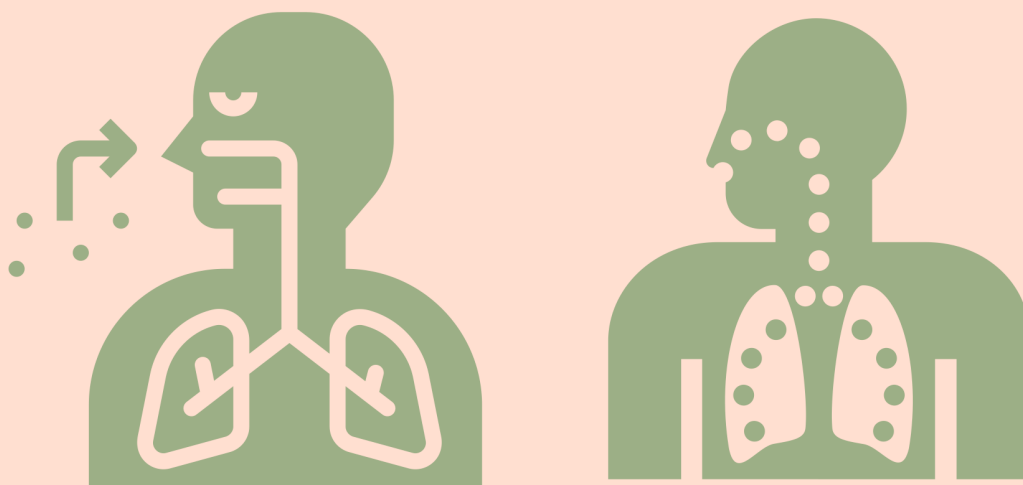
STAY HOME; WASH HANDS; AND
DISINFECT DOORKNOBS, PHONES,
COUNTERTOPS, TOILETS, AND HANDLES.

YOU MAY GO GROCERY SHOPPING, TO THE PHARMACY,
TO THE DOCTOR, FOR A WALK, TO THE SAGE GARDEN,
OR FOR A BIKE RIDE. JUST ALWAYS STAY 6 FEET
AWAY FROM OTHERS WHILE OUT!

YOU SHOULDN'T GO TO WORK (EXCEPT WHEN
GUIDED BY YOUR EMPLOYER), VISIT FAMILY
OR FRIENDS, TRAVEL, GO TO A HOSPITAL,
VISIT A NURSING HOME, OR GO TO ANYWHERE
WITH CROWDS.

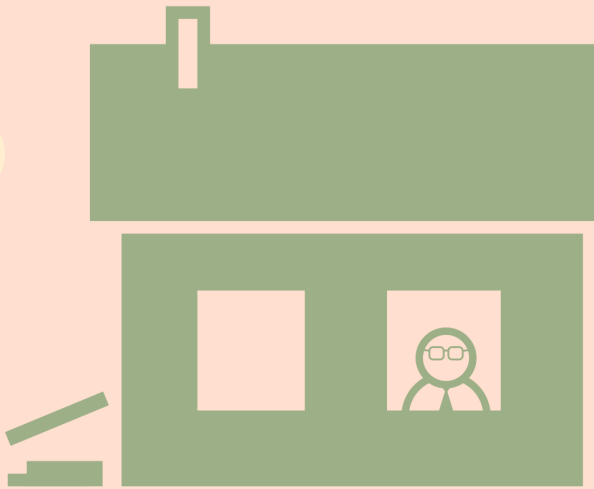


WHAT WE KNOW:



UPPER RESPIRATORY VIRUS SPREAD
THROUGH DROPLETS IN AIR

WHAT WE KNOW:



GOV. GAVIN NEWSOM'S
STAY-AT-HOME ORDER.



STAYING SAFE:



WASH HANDS



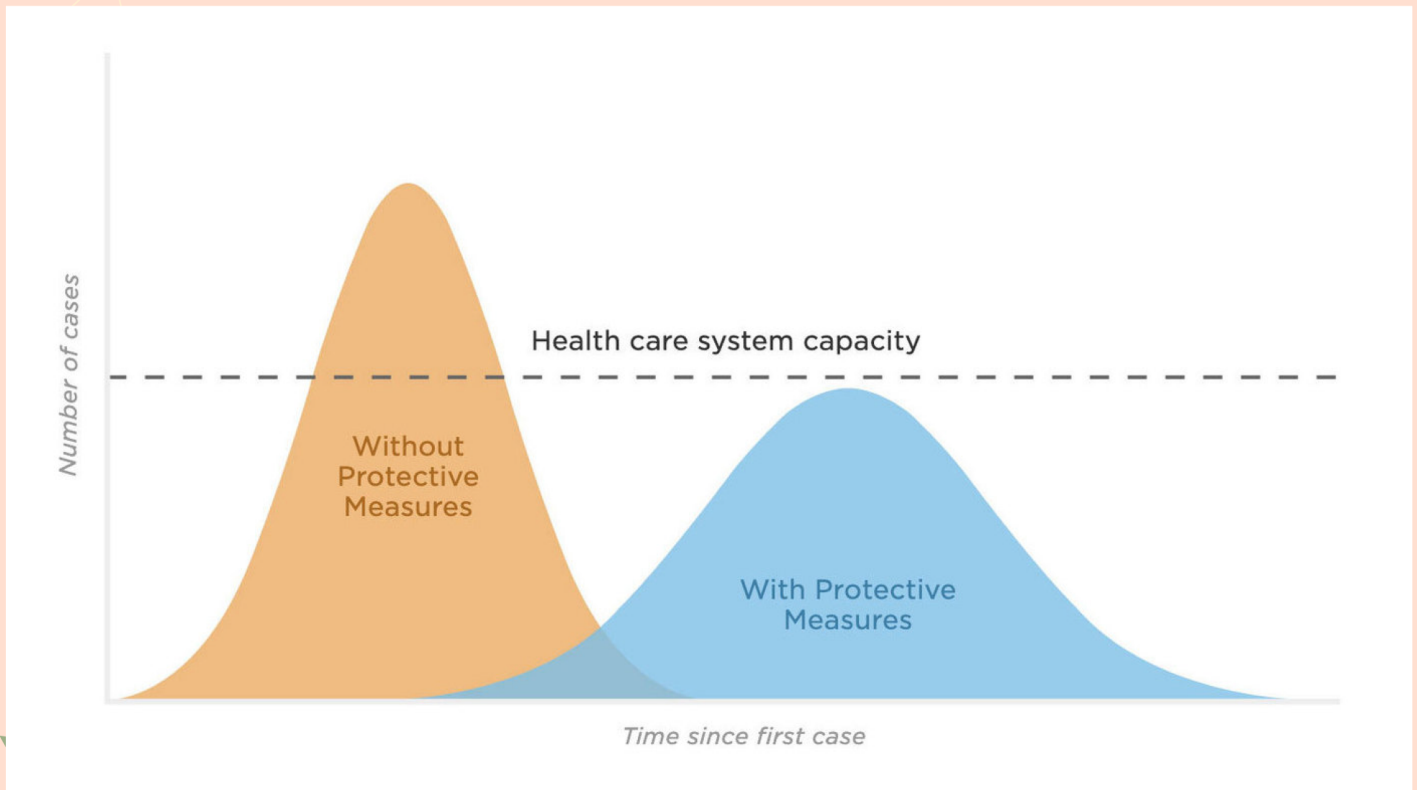
STAY HOME



DISINFECT SURFACES



SOCIAL DISTANCING:

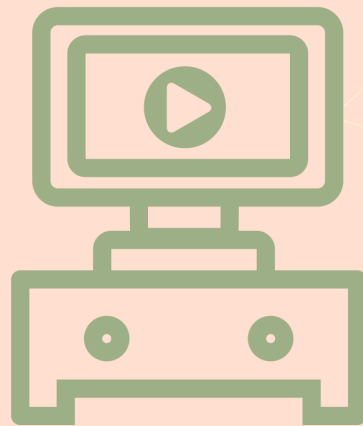


PREVENTS SPREAD OF COVID-19
BY LIMITING HOW MANY PEOPLE
ARE INFECTED

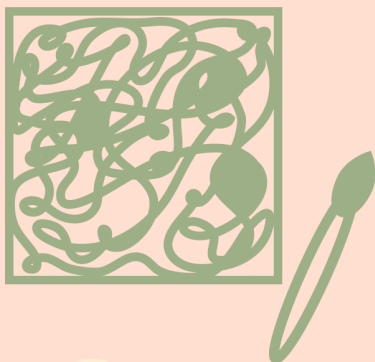
INDOOR ACTIVITIES:



PLAY A GAME



WATCH A MOVIE



DO ARTS & CRAFTS



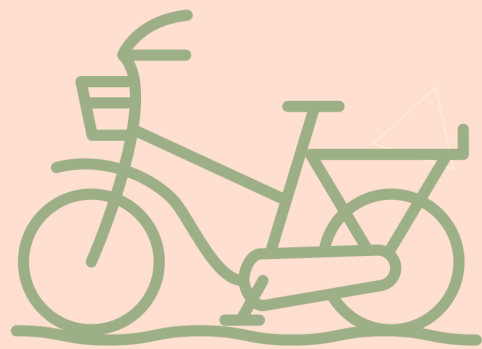
CALL A LOVED ONE



OUTDOOR ACTIVITIES:



SHORT WALK



BIKE RIDE



HIKING



SAGE GARDEN

