

WHAT'S NEW?

➔ Testing Sites



Monterey County has two no-cost community testing sites in Salinas and Greenfield.

OptumServe sites are open Tuesday through Saturday from 8 a.m. to 8 p.m. Community testing is critical to know how the virus is spreading in our community and a key part of reopening phases. Appointments required. 1-888-634-1123 or visit <https://lhi.care/covidtesting>

➔ Great Plates Delivered



The County is partnering with local restaurants and food providers for Great Plates Delivered.

This program will provide home delivery of up to three meals a day, seven days a week, for adults 65 and older and adults 60-64 who are at high-risk from COVID-19. Seniors may call 2-1-1 for application/screening.

➔ By The Numbers



Monterey County Public Health epidemiologists track COVID-19 by the numbers.

Seeing where and what groups of people are affected by coronavirus is an important public health tool to follow virus transmission in our community and direct resources to where they are most needed.



THE GOOD NEWS

PROCEED...WITH CAUTION

Two months ago, everything changed and it's changing again.

Our county and the state are looking at how to safely inch our lives closer to a kind of normalcy. This is only possible because so many of you have stayed home and saved lives.

You've heard about how Monterey County is slowly moving into Phase 2 recovery and reopening. There are many who want to go faster and many who want to go more slowly. No matter where you stand, whatever activities you decide to embark on with the eased restrictions now in place, please do them safely.

There is more access to low-risk activities now than in the last two months – more things we can do and enjoy. We can walk along the beach. Stores have curbside service. Summer camps for kids have the 'green light' with restrictions. While all this is good news, don't forget what started it all. COVID-19 has not gone away – it is still a serious threat. We each must consider the risks to ourselves and our families when choosing to have more interactions.

Thank you for flattening and continuing to flatten the curve of this virus. It is working! The more we know about COVID-19 in our community the safer we all are. If you haven't yet, consider getting a test at one of our area's free OptumServe sites.

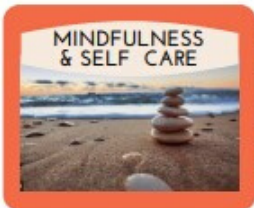
WHAT ELSE IS NEW?

Backyard Science is a great video series for all ages from our Monterey County Free Libraries. Make the most of your 'place' while you Shelter in Place. Find this online at @mcflvirtualprograms.



Monterey County Behavioral Health is offering a series of online gatherings to help us build coping skills. Don't ignore the stress and anxiety you may be feeling.

In times of great stress, social connection has proven to be our greatest source of strength and healing.



Understanding how to meet our own needs is crucial to enjoying a healthy lifestyle. This series will share information and teach the skills to build your own self-care plan and improve mindfulness practices.



Effective parenting is even more important and more difficult as we all shelter in place in response to COVID-19. Our Parenting series will help parents and caregivers develop practical strategies to help support their family's emotional well-being and build resilience in the face of our current challenging times.



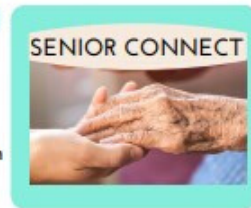
Motherhood comes with many joys and surprises. It can also bring unexpected mood swings, anxious feelings, and fear. Talking about this emotional side of motherhood can be difficult, especially in these times when friends and family are less able to visit or help out. Join us for informative chats with our team and other moms facing the same experiences.



Being stuck at home, away from friends and your support network day after day can be tough! Join Teen Tuesdays at 2:00 pm and connect with other teens that are trying to manage during these isolating times. We might even have some fun!



The Behavioral Health Team has partnered with the Monterey County Office of Education (MCOE) to provide a series of trainings to support our Educators during this challenging time. The series will start on April 9th and is provided through District Google Classroom platform.



The seniors in our community can feel particularly isolated and worried during this current COVID-19 health crisis. But you are not alone. Alliance on Aging is available to connect seniors and their caregivers to supports. They will share a weekly video with coping tips and resources. Wednesdays at 11:00 am you can speak with someone directly about your concerns and have your questions answered.

For more information visit or call:
<http://montereyforwardtogether.org>
(888)258- 6029