



RVNA Board Members
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COVID-19 Information and Resources

Live the message, share the message: *Be safe - Stay home and limit travel as much as possible, self-quarantine if you or any members of your family are or may be sick, ensure safe social distancing, practice good hygiene – wash your hands, avoid touching your face, sneeze or cough into a tissue or the inside of your elbow, clean used items and surfaces - and if you must go out avoid social gatherings.*

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1. Zoom - Townhall Meeting RVNA

Please join RVNA in our first Virtual Townhall meeting via Zoom. Details coming soon.

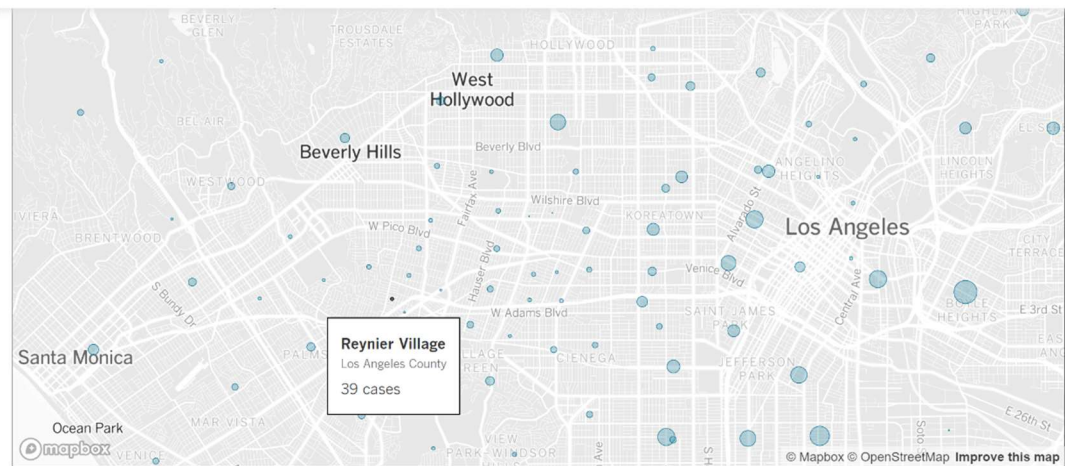
DATE: Thursday, October 15, 2020 6:30 – 8:00 PM

LINK: Will be provided.

Agenda: TBD; please submit a topics you would like to discuss

2. Case Statistics in Reynier Village

As of October 05, 2020 there have been 39 confirmed COVID-19 cases in Reynier Village.



The following counties currently do not report cases by locality: Alpine, Colusa, Del Norte, Glenn, Inyo, Lake, Lassen, Mariposa, Modoc, San Benito, Sierra, Siskiyou, Tehama, Trinity and Tuolumne

| Area | Confirmed cases |
|-----------------|-----------------|
| Reynier Village | 39 |

Source: www.latimes.com

3. Free Flu Shots at Select LA County Libraries

According to Public Health, an important step to take this fall is to get a flu immunization. It is highly likely that both the flu and COVID-19 will be present at the same time. Now more than ever, it is important to be protected from the flu by getting immunized.

Beginning in October, LA County's Department of Public Health (Public Health) and LA County Library will be offering free flu vaccines to those 6 months of age and older at select Library locations across the County. Flu shot clinic dates and locations for October and November 2020 are being finalized and will be announced on the [LA County Library website](#), once available. Health insurance will not be a requirement.

If you're thinking of getting a flu vaccine, Public Health recommends calling your regular health care provider to see what other shots you may need. If you don't have a regular provider, dial 2-1-1 (the LA County

Information Line) or visit the [Public Health website](#) for a list of no cost or low-cost vaccine providers. Stay tuned for updates!



4. Regular Parking Enforcement Begins on October 15th

The City will begin enforcing normal parking rules on October 15, 2020. Relaxed parking enforcement, which has been in place for several months, **will end on October 14, 2020**. The City will resume enforcement of street sweeping restrictions, parking enforcement around closed schools, and other rules.

Please visit [the City's parking permit webpage](#) anytime, or call Parking Permit Support at 866-561-9742 (during business hours) to apply for a residential parking permit.

5. *Let's Continue to Slow the Spread*

COVID-19 is still in our community and we should keep using the tools we have to slow the spread.

- Everyone must continue to practice physical distancing of at least six feet apart and wear a clean cloth face covering that securely covers both your nose and mouth when around people outside of your household. [More information on cloth face coverings](#).
- Wash/sanitize your hands frequently.
- Avoid touching your face with unwashed hands.
- If you are mildly sick, stay home for at least 7 days or until 72 hours after being fever free, whichever is longer. Call your doctor if you are concerned and/or your symptoms worsen.

[More things you can do to prevent illness](#).

Protect Yourself from COVID-19

COVID-19 IS STILL IN OUR COMMUNITY

FOLLOW INFECTION CONTROL PRACTICES AT ALL TIMES



WEAR

cloth face coverings in businesses & around others



MAINTAIN

Physical Distancing of 6 feet



WASH

your hands frequently & for 20 secs



AVOID

touching your face with unwashed hands



SELF-ISOLATE

if you have COVID-19 for 10 days+ 24 hours after fever free and symptoms have improved



SELF-QUARANTINE

for 14 days if you are exposed or in close contact with an infected person

For more information, visit: publichealth.lacounty.gov/coronavirus



6. COVID-19 Testing

Please get tested if:

- You are having symptoms of COVID-19.
- If you have been in contact with a person who has tested positive for COVID-19.
- If you think you were exposed because you were working, especially in essential services, in a place where you are frequently exposed to other people who may not be taking precautions.
- If you share living spaces with other people who may be positive for COVID-19.
- If you have been in a crowd or gathering where people were close together and not wearing face coverings and/or keeping their distance.

If you think you need a test, the County encourages you to call your doctor first. Testing is best done by a healthcare provider, so that they can monitor your care. If you do not have a doctor or are unable to contact them, dial 2-1-1 for a referral to a provider. Other private COVID-19 testing may be available. Find a

community testing site near you (e.g., Rite Aid, UCLA Health, UrgentMED, Exer Urgent Care, Quest) with the [California for ALL Testing Tool](#).

Testing priority at County and LA City sites is given to those in the following groups:

- People with the following symptoms: fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea.
- People working or living in places such as skilled nursing facilities, group homes, residential care facilities, and persons experiencing homelessness.
- Individuals experiencing homelessness.
- People who were in close contact with someone with COVID-19.

[Visit the COVID-19 testing website for more information and to sign up for a free test](#). Note: testing availability is subject to change and testing is by appointment only. Testing will be limited over the holiday weekend.

And whether or not you get tested for COVID-19, remember:

1. **If you are experiencing COVID-19 symptoms, you need to isolate.** Keep your physician informed on your symptoms and, especially if you are elderly or have an underlying health condition, seek medical care if your symptoms worsen. **If you don't have a physician, call 2-1-1 to get connected to one.** And if you are having trouble breathing or have other severe symptoms, dial 911 or go to the nearest emergency department.
2. **If you were exposed to someone with a known infection, you need to quarantine for the full 14 days.** A COVID-19 test should never be used as a way to end quarantine early. It will never do that.
3. **The health officer orders are there to keep you and others safe, while still allowing society to reopen.** A negative test cannot reassure you that you haven't been exposed and won't turn positive tomorrow. Don't use a negative test as a "free pass" that allows others outside of your household to safely interact with you. It is not safe.

[Click/tap here to learn more about COVID-19 testing in LA County](#).



7. You Are Not Alone

If the news surrounding COVID-19 is making you feel stressed, anxious, or depressed, [visit the Los Angeles County Department of Mental Health \(LACDMH\) COVID-19 mental health resource page](#), call their 24/7 hotline at (800) 854-7771 or text LA to 741741 to get help.

We are here for you.

If you need to talk with someone contact @lacdmh

LA County Dept. of Mental Health 24/7

Access Line: (800) 854-7771

Text: "LA" to 741741

dmh.lacounty.gov



8. The Final Word...

Tonight, I leave you with the words from psychologist and author Stanley Coren who said: *The greatest fear dogs know is the fear that you will not come back when you go out the door without them.* Like dogs, over the course of the last several months of this pandemic, we too have probably at one point for someone in our lives had that same feeling. Whether it was our frontline workers who put themselves at risk every day to help others or a member of our family or a friend who we worry may have tested positive or is fighting the virus. What our dogs teach us (and Mr. Coren wisely shares) is that life is very precious. Dogs don't live for us being here tomorrow, they live for us coming back in five minutes today. The story for us to remember from this is never take a single minute or person for granted. Never forget to say something nice, remind someone what they mean to you, pick someone up who may be down. We don't want to live in fear, but we don't want regrets if someone doesn't come back in the door. So let's jump up and down and wag our tail (proverbially), even if it had just been a short while that we talked to someone 😊.

9. Membership Renewal

If you have not already done so, please remember to renew your membership to Reynier Village Neighborhood Association which works to build the community by:

- **organizing free emergency preparedness events,**
 - *In a catastrophic emergency all telecommunication, and standard first responder services will be intermittent, we will therefore be forced to rely on ourselves and neighbors for help, this is a way to stay informed and in touch with your neighbors*
- **organizing social gatherings**
 - *Log-off of Facebook and get to know your neighbors in person... networking with people can help you personally or professionally*
- **working in concert with the City Council office and SORONC to help create positive changes to our area.**
- **providing an affordable security patrol service (for additional fee)**
 - *Read the testimonials below, in case you're not convinced*

Be a part of the change you want to see. JOIN RVNA!

**Membership is \$20 per year
(Feb 2020 to Feb 2021)**

plus, optional \$50 for APS patrol service

NOTE: APS patrol service is not a full-service security alarm system. It is a security service that provides four daily patrols of your home and block, a phone number to call for rapid response of suspicious activity in your area, and special services when you go out of town. For a full-service security alarm system, please contact APS directly.

**Dues can be sent to:
1702 S. Robertson Blvd, Box# 107
Los Angeles, CA 90035**

PayPal is also available at: <https://PayPal.Me/ReynierVillage>

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