



**CONTACT:** Diana Rohini LaVigne, Public Information Officer  
San Mateo County Health  
(650) 867-1661 / [press@smchealth.org](mailto:press@smchealth.org)

For Immediate Release

## **Bay Area Residents Urged to Stay Home, Stay Safe from COVID-19 on the Fourth of July**

(July 2, 2020—San Mateo, CALIF.) With COVID-19 spreading rapidly in many Bay Area neighborhoods, health officials across the region urge residents to protect themselves and the community by celebrating from home this holiday weekend.

The Fourth of July is traditionally a time for firework displays, cookouts, and parades but this year the COVID-19 pandemic has forced many communities to cancel public events. Gatherings with others from outside your household, such as members of the extended family, are potentially risky. Health officers from across the greater Bay Area say staying home this year is a healthy choice.

“Staying safe during a pandemic isn’t easy and a holiday weekend makes it even harder.” said Dr. Scott Morrow, San Mateo County Health Officer, “But in order to stay safe, we must practice physical distancing, wear a face covering in public, and avoid gatherings. Our individual and collective behavior will determine our fate. Our future now depends on you.”

You can spread COVID-19 even if you don’t feel that sick. You can pass the disease to someone else before you have symptoms and even if you never develop any symptoms at all. When people who have contracted the infection come in contact with high-risk people, there can be deadly consequences.

That is why Bay Area health officers recommend people who are not members of the same household remain physically distant. The best ways to protect yourself and slow the spread of COVID-19 include:

- Continuing to stay home as much as possible
- Practicing physical distancing outside the home
- Wearing face coverings or masks when outside your home
- Avoiding gatherings with people outside your immediate household
- Washing your hands thoroughly and frequently
- Staying home from work or school if you feel sick

All Bay Area residents are encouraged to get tested for COVID-19 immediately if they have symptoms. For more information on testing, please speak with your healthcare provider. Check with your local health department for more information about efforts to fight the COVID-19 pandemic. For more information on COVID-19, please visit

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

###

*The Association of Bay Area Health Officials (ABAHO) represents health officers and other public health professionals from thirteen jurisdictions ABAHO coordinates and communicates regional messages to save lives, promote and protect health, prevent injury and illness, and improve wellness in the region’s diverse communities.*