

Health starts here. And it starts with all of us.

As a public health agency, Beach Cities Health District's top priority is the health and well-being of our community, and we will continue to take extra precautions to protect the most vulnerable. This will be our compass to recovery.

As Governor Gavin Newsom and Los Angeles County Department of Public Health Director Dr. Barbara Ferrer cautiously outline a path forward for recovery – it is equally important to outline a path forward for healing.

While life as we knew it abruptly changed in mid-March and we continue to weather the Safer At Home order, recovery will be gradual. Without a vaccine or cure, we urge residents to follow guidance to help slow the spread and prevent an overwhelming surge of cases at healthcare facilities.

So, where do we go from here? Here's a **roadmap**.



WE CAN ALL BE HEALTH LEADERS AND HEROES

While the health directives continue to evolve, all the hygiene practices that we've learned to embrace – hand washing, not touching your face with unwashed hands, wearing a face covering when you are in contact with anyone outside of your household, practicing physical distancing and maintaining 6-foot perimeters, staying home if you're sick – should continue to be part of our daily routines. We can all continue to do our part to protect our most vulnerable neighbors and support our collective well-being.



Road to Recovery



AND SPEAKING OF HEALTH HEROES...

We're looking at our doctors, nurses, public health workers, teachers, service employees and first responders, including our local police and fire departments. We've relied on their grit, determination and bravery over the past several months. They will continue to provide essential services, and they are worthy of our continued admiration and praise.



KEEP YOUR FRIENDS AND FAMILY CLOSE

A silver lining of this time at home has been the opportunity to reconnect with friends and family, whether you're under the same roof or connecting virtually with loved ones halfway around the world. Let's preserve that connection – and our ability to press pause – as we revert back to our busy lives.



PRACTICE EMPATHY WITH THOSE AROUND YOU

Sometimes we might be quick to criticize others or make assumptions without knowing their situation. You may encounter people who are thriving, tackled all of their home projects and maintained a robust (virtual) social calendar, or those who are bearded and bewildered after months of "Zoom Gloom," binge TV watching and social media scrolling. Be patient as everyone is going through something and learning to coexist in this COVID-19 world. Keep asking, "how are you doing, really?" And keep waiting for the answer.



IT'S OK TO NOT BE OK

We're all grieving something, whether it was the loss of a loved one, a job, a graduation or a vacation. Large or small, these milestones should be grieved. Even after the threat of COVID-19 has passed – which will likely be many months, or years – there will be the aftermath of the emotional toll of the pandemic. Let's keep talking about our mental health, and nurturing those around us.



SUPPORT LOCAL BUSINESSES

The entrepreneurial spirit of the South Bay lives on, even in tough times. If you have the option, shop local. As retailers and restaurants open their doors and acclimate to a new way of doing business, let's support them with empathy and patience – and our pocketbooks.



KEEP SHOWING CIVIC PRIDE

Whether you're "Hermosa Strong," "Safer at Home Manhattan Beach," "South Bay Strong" or "Better Together Beach Cities," there has been a surge of community and civic engagement. Community is the social fabric of what makes living in the Beach Cities great, and it's been on display as neighbors help neighbors, offer a little kindness and check on one another.

Let's continue to be neighbors greeting neighbors – from a safe distance, of course – and offering a hello, instead of passing silently or staring at your phone. It's nice.



"DON'T STOP BELIEVIN'"

In this journey, things aren't going to go back to normal. Instead, a "new normal" is here. As we tiptoe into this new era, here's a mantra for the road, courtesy of Adele: "I'm in California dreaming about who we used to be. I've forgotten how it felt before the world fell at our feet. Hello, from the other side."

Let's LiveWell, together.

While we continue to stay the course to slow the spread of COVID-19, learn more about our plans for recovery as a united South Bay community at bchd.org/covidrecovery.



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NEED HELP?

Errand assistance • Health-related information and referrals

During this time of heightened health concern, Beach Cities Health District (BCHD) is available to offer help and support. If you or someone you know in the Beach Cities needs assistance with errands, health-related information or referrals, please call our Assistance, Information & Referral line at **310-374-3426, ext. 256**, seven days a week, 8:30 a.m. – 5 p.m.

RESOURCES:

bchd.org/coronavirus

For information about COVID-19, testing and health guidance or to sign up for email updates from BCHD

bchd.org/resources

for information related to mental health and social-emotional health for youth and adults, support groups and emergency services