



*December 21, 2022*

On December 20, 2022, the Oakland City Council passed a resolution that reinstates the mask mandate for everyone ages 6 and older inside city facilities, including libraries, City senior centers, senior adult care facilities, recreation centers, and civic center buildings. **The mandate goes into effect immediately, with a sunset date of March 31, 2023.** We will continue to make masks available to patrons of our buildings that may not arrive with one.

With a rise in COVID-19 cases, and a surge in respiratory viruses, it is imperative for the health of our organization and community that you **stay home when you're sick**, keep up on your vaccinations and boosters, and wash your hands frequently. More winter wellness tips are offered below.

The City's current COVID-19 rules and policies are available [here](#). City Employees can reach out to Risk Management with any related questions or concerns.

## **Winter Wellness Tips**

The California Department of Public Health offers [Preventative Measures to Stay Healthy this Winter](#), 5 tips to protect yourself and others from severe illness and hospitalization:

### **1. Get Vaccinated, Boosted (and Treated)**

Flu and COVID-19 vaccines continue to be your best defense to limit severe illness and death – and you can get both at the same time. If you test positive for COVID-19, contact your doctor or a [test-to-treat site](#) immediately to seek [treatment](#). Treatments work best when started right after symptoms begin.

### **2. Stay Home if You're Sick!**

It's crucial to stay home if you are feeling ill. Avoid close contact with others to protect them, and take the time you need to heal. This is especially important for respiratory viruses like the flu, RSV and COVID-19, which can lead to more severe illness.

3. **Wear a Mask**

There is no vaccine for RSV, so wearing a mask can significantly slow the spread and protect babies and young children who do not yet have immunity and are too young to wear a mask themselves. Wearing a mask in indoor public places is a good way to limit the spread of germs.

4. **Wash Your Hands**

Frequent hand washing, with soap and warm water – for at least 20 seconds, is an easy way to prevent getting sick and spreading germs.

5. **Cover Your Cough or Sneeze**

Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Just make sure to wash your hands or sanitize and dispose of your tissue, thereafter.

**VIDEO:** [Stay Healthy this Winter: Tips to Protect Yourself and Family](#)