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**GAVIN NEWSOM**  
GOVERNOR

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**TO: IN-HOME SUPPORTIVE SERVICES RECIPIENTS**

**SUBJECT: INFORMATION ABOUT THE CORONAVIRUS DISEASE 19 (COVID-19) FOR IN-HOME SUPPORTIVE SERVICES RECIPIENTS**

This letter is being sent to all In-Home Supportive Services (IHSS) recipients to provide additional information about the coronavirus disease 19 (COVID-19).

You are receiving this letter because you may be in one of the groups of people that the Governor of California has urged to isolate themselves at home in order to keep from getting sick.

COVID-19 can cause mild-to-moderate respiratory illness. Symptoms are very similar to the flu, including fever, cough and/or shortness of breath.

You can protect yourself by:

- Washing your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- Avoiding touching your eyes, nose, or mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying away public places and other people if you become sick with a fever, cough, or respiratory symptoms.
- Eliminating or minimizing visitors.
- Encouraging your IHSS provider to utilize their sick leave benefit if they become ill and they have the benefit available. Your provider can find their available sick leave hours on their pay stub.

If your IHSS provider becomes ill or is experiencing the symptoms listed above, you should contact your local county social services office or public authority to request assistance in finding another provider.

If you think you are sick or have symptoms of COVID-19, you have been in contact with a person with COVID-19, or you have recently traveled to countries that have community spread of COVID-19, you should contact your doctor.

Please be advised that your IHSS social worker or county office may contact you during this time to check on your well-being and to make sure you are receiving your IHSS services. Unless your medical provider has given you instructions otherwise, it is important that you allow your IHSS provider to continue to provide your IHSS services. Also, if you have a scheduled appointment, please allow your county social worker access to your home to assess your needs if they are not showing signs of sickness.

The State and county are working hard to make sure you remain safe and healthy in your home. Please follow the guidelines described in this letter to prevent yourself from getting sick by washing your hands for at least 20 seconds, avoid touching your face and follow public health guidance about other gatherings or activities.

For additional information, please see the information from the California Department of Public Health (CDPH) regarding [high risk populations](#).

Please also see CDPH's [website](#) with more general information regarding COVID-19.