



City of Hermosa Beach

COVID-19: Governor Newsom's Stay at Home Order Explained

In light of the ongoing COVID-19 pandemic, and for those wondering what Governor Gavin Newsom's recent statewide [Stay at Home Order](#) means for them, we have created this brief explainer breaking down the Order and detailing which activities are still allowed. The Stay at Home Order went into effect on Thursday, March 19, 2020 and will remain in place until further notice. It covers the whole state of California, and it exempts specific, essential activities needed to maintain the continuity of the State and individual well being.

If you have not been exposed to COVID-19 and are not exhibiting any symptoms, the following activities are still allowed through the duration of this Stay at Home Order within the context of social distancing, which requires a safe social distance of six feet from people not part of your household to be maintained at all times:

1. **Essential Medical Care:** If possible, health care visits should be done remotely. If not, urgent health care visits and helping sick relatives is allowed. Please cancel or reschedule any non-essential medical care like eye exams, teeth cleaning, and elective procedures.
2. **Exempt Employment:** For those who are employees of an organization in the [list of exempt sectors](#), you may continue to work as instructed by your employer while maintaining social distancing.
3. **Groceries & Takeout:** As long as social distancing rules are observed, individuals are free to shop for groceries and pick up takeout from local stores.
4. **Exercise & Self-Care:** As long as you maintain a safe social distance of six feet from people who aren't part of your household at all times, it is okay to go outside for some exercise, fresh air or a walk around the block.

We hope this information is helpful, and we appreciate all of your ongoing observance and support in these difficult times. By continuing to follow guidelines from local officials and health experts, together we can help protect the health and safety of Hermosa Beach, its community and the region as a whole.

Please continue to follow public health experts' recommendations to avoid spreading the coronavirus including frequent handwashing, avoiding others who are ill, keeping a safe distance from one another, and staying home if you are ill. Public Health has issued the following guidance during this time of increased spread: If you are mildly sick, stay home for at least seven days or until 72 hours after being fever free, whichever is longer. Call your doctor if you are concerned and/or your symptoms worsen. Individuals who are elderly, have underlying health conditions or pregnant should consider contacting their providers earlier when they are sick. More information is available [here](#).

Information regarding coronavirus is changing frequently, and the City will provide the latest information about COVID-19 and links to resources on its [website](#). To stay informed, please

sign up for Hermosa Beach [eNotifications](#), [public safety alerts](#) or follow the City on [Facebook](#), [Twitter](#) and [Instagram](#).