



**COUNTY OF SAN LUIS OBISPO
JOINT INFORMATION CENTER**

FOR IMMEDIATE RELEASE

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County Urges Residents to Avoid Group Gatherings

Reports of group gatherings at local beaches and parks raise concerns among County officials.

San Luis Obispo, CA— Staying physically active outdoors is one of the best ways to keep your mind and body healthy, yet County officials are concerned over increasing reports of group gatherings, especially at local beaches.

San Luis Obispo County is currently under both state and local Shelter at Home Orders intended to slow the spread of COVID-19 and avoid overwhelming the health care system. “Using the term shelter at home does not literally mean that people should not leave their homes for essential activities or fresh air and exercise,” says County Health Officer Dr. Penny Borenstein. The Order is intended to limit group activity, unnecessary travel, and business functions to the most basic and essential needs. Physical distancing requirements of at least six feet should be followed at all times.

“We’re enjoying some really nice weather, and I too would like to be hanging out at the beach with my friends but now is not the time to gather in groups.” said Borenstein. “Our county has done a terrific job so far of keeping our rate of new COVID-19 infections in check, and we don’t want to risk undoing all that good work.”

Health officials provide the following guidance to residents who want to enjoy outdoor activities:

- Check for any local restrictions at city, county, and state recreational areas.
- Avoid gathering with others outside of your household.
- Stay at least six feet from others at all times and avoid crowded areas.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available.

For updates on COVID-19 in SLO County, visit [ReadySLO.org](https://www.ready.slo.org) or call the recorded Public Health Information Line at (805) 788-2903. Contact our staffed phone assistance center at (805) 543-2444 for COVID-19 questions from 8 a.m. to 5 p.m. on weekdays, and from 8 a.m. to 4 p.m. on weekends.

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