

Norwalk^eNow

norwalk.org The Official Community Publication of Norwalk, California May 2020, Volume 41, #5



COVID-19 SPECIAL COVERAGE • Safer at Home •

Keeping our Community Safe During COVID-19



Our number one priority continues to be the well-being of our community. The City continues to implement measures to slow the spread of the virus. Most recently, the City has:

- **Extended cancellation of City-sponsored programs and events through June 30, 2020, including 3rd of July fireworks event.**
- **Extended closure of all City parks and parks programming through June 30, 2020.**
- **Extended City Council meetings via teleconferencing through June 30, 2020. Residents can submit comments via phone at 562-929-5720 by 5pm on the meeting night or via email at publiccomments@norwalkca.gov.**
- **Continued COVID-19 hotline, operating M – F from 8am – 8pm, 562-929-5760.**

The City's continued actions are meant to protect the safety and health of Norwalk residents, businesses, employees and first responders. Please visit our website for continued updates www.norwalk.org.

Virtual Memorial Day



Although COVID-19 has modified the way we gather, the City of Norwalk will continue to honor our fallen heroes via a virtual Memorial Day event. Please tune in on Monday, May 25 at 11 am on Facebook, Instagram or the local access channel.

COVID-19 Testing FAQs

The County of Los Angeles, in partnership with the City of Los Angeles, is providing access to COVID-19 testing to residents in Los Angeles County.

What are the primary symptoms of COVID-19?

The primary symptoms are fever, cough and difficulty breathing.

Am I eligible for testing?

Testing is limited for LA County residents who are most vulnerable and in the high-risk categories. This includes residents who are 65 and older or those with underlying health conditions. If you are experiencing severe symptoms, please call 9-1-1.

Where can I schedule a testing?

To schedule an appointment, please visit <https://lacovidprod.service-now.com/rrs#freetest>. If you are a member of Kaiser Permanente, please visit <https://healthy.kaiserpermanente.org/southern-california/get-care>.

Where are the testing sites located?

AltaMed Medical and Dental Group
972 Goodrich Blvd., Commerce

AltaMed Medical Group
6336 Passons Blvd., Pico Rivera

AltaMed Medical and Dental Group
8627 Atlantic Ave., South Gate

PIH Health Whittier Hospital
12401 Washington Blvd., Whittier

Long Beach City College
1305 E. Pacific Coast Hwy, Long Beach

Are all the sites drive-up or do I have to go inside a medical center?

Most of the locations are drive-up mobile testing sites, but there are a limited number of tests available at a walk-in clinic.

Is the test invasive?

The test is a mouth swab that the patient can collect themselves.

How long does it take to get test results?

The County estimates results to be ready between 3-4 days. Positive results are shared by phone, negative results are shared through email. During that time, it is essential that the sick person remains at home in isolation. They should arrange for others to provide groceries, medicines, etc. whenever possible to avoid exposing others. Even if the test is negative, the sick person should remain at home until any fever has resolved and any other symptoms are significantly improved. For more information and great resources, please visit <http://publichealth.lacounty.gov>.

Where can I get more information?

Visit <http://coronavirus.lacity.org/Testing> and <http://publichealth.lacounty.gov>

*Source: <https://covid19.lacounty.gov/testing/>

Let's Continue Supporting Local Businesses

We want to thank all the restaurants who have submitted their information on our directory. We would also like to give a huge shout out to the residents who are supporting Norwalk businesses. Here are a few highlights from social media!

#ShowYourNorwalk



Norwalk City Hall Modified Hours

Essential services only available by appointment on Tuesdays.

Hotline 562-929-5760

Norwalk City Council

Mayor Jennifer Perez
Vice Mayor Tony Ayala
Councilmember Rick Ramirez
Councilmember Margarita L. Rios
Councilmember Ana Valencia

City of Norwalk
12700 Norwalk Blvd.
Norwalk, CA 90650

To Postal Patron

PRSR STD
US Postage
PAID
Permit No. 1139
Whittier, CA



Athens Modified Services During COVID-19

Athens Services is temporarily changing services due to the COVID-19 pandemic. Athens will be collecting all refuse, recyclable and green waste barrels with one or possibly two collection trucks. This will allow Athens to keep trucks and drivers to a minimum during this emergency period and also minimize the amount of time trash that is exposed to the community. As this is only a temporary change to Athens' operations, residents should continue to separate materials in their respective barrels. Please be sure that all barrels are set out by 6 am on your collection day. For more information, contact Athens Services at 888-336-6100 or visit www.athensservices.com.

Maintaining Physical Distance

One of the best ways to reduce the spread of Covid-19 is to limit face-to-face contact with others. Social distancing, or physical distancing, means keeping space between yourself and other people outside of your home.

To practice social or physical distancing:

- Stay at least 6 feet from other people.
- Stay out of crowded places and avoid mass gatherings.
- Do not gather in groups.

How Does COVID-19 Spread

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs.

Tips for Social Distancing

- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
- Use mail-order for medications, if possible.
- Consider a grocery delivery service.
- Cover your mouth and nose with a cloth face covering when around others, including when you have to go out in public.
- Avoid large and small gatherings in private places and public spaces, with others outside of your immediate household. You should not be going to a friend's house or scheduling play dates for your children.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.

Maintaining Connection with Loved Ones is Important. Here are a few ways to celebrate special occasions:

- Mail a handmade card.
- Bake or prepare a favorite dish or dessert and drop off on porch/doorstep.
- Order take out or have food delivered from their favorite restaurant. This is also a great way to support our local businesses.
- Arrange a family and friends parade. Drive down the street and wave, honk, etc.
- Cover a door in festive wrapping paper or tie balloons to a mailbox.

- Ask friends and loved ones to film themselves singing happy birthday and then use an editing app to put them all together.



Es muy importante mantenerse en contacto con los demás aunque estemos manteniendo nuestra distancia. Estos son tiempos difíciles y todos reaccionan diferente a situaciones estresantes. Llama por video con tus familiares y amistades.

Guidelines for Norwalk Transit System Passengers



In response to the COVID-19, Norwalk Transit System (NTS) reminds passengers to board using the rear door in order to limit interactions between

passengers and bus operators. The front door will only be used for riders who need support due to ADA mobility devices, seniors with walkers, and/or those requiring the kneeling function or ramp.

Additionally, NTS encourages all passengers to wear a mask, bandana, or scarf to cover your nose and mouth while riding buses.

These procedures will be in addition to rigorous and increased sanitation efforts of every bus on a daily basis, including the following:

- Sanitizing and cleaning buses daily.
- Posting recommended hygiene awareness materials on-board buses and at facility
- Using cleaning solutions in the transit facility, as well as the buses.

For more updates and information regarding the Norwalk Transit System, please contact Customer Service at 562-929-5550.

Wearing Face Coverings

The Los Angeles County Department of Public Health has recommended the use of face coverings when stepping outside the home to conduct essential services.

Please keep in mind that wearing a cloth face covering does not eliminate physical distancing or hand washing.

Why Wear a Face Covering?

Recent information has indicated that covering your nose and mouth can slow the spread of COVID-19 because:

- Individuals can be contagious before the onset of symptoms. You may be contagious and do not know it. If you have covered your nose and mouth, it can limit the spread of COVID-19.
- We touch our face less when our face is covered. Touching your face after touching something contaminated with COVID-19 increases your chances of getting sick with COVID-19.

What are Some Face Cover Options?



- Bandana
- Neck gaiter
- Homemade face covering
- Scarf
- Tightly woven fabric, such as cotton t-shirts and some types of towels
- N95 Masks should be reserved for medical staff

Care and Disposal

Cloth face coverings should be washed after each use. Have a bag or bin to store cloth face coverings until they can be laundered with detergent and hot water, and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face. Discard cloth face coverings that no longer cover the nose and mouth, have stretched out or damaged ties or straps or have holes or tears in the fabric.

For more information, please visit publichealth.lacounty.gov/media/Coronavirus/

*Source: Los Angeles County Department of Public Health

Improving our Infrastructure

Improvements at Gerdes Park



When the park reopens, Norwalk families will be greeted with an improved parking lot at Gerdes Park! The \$80,000 project began in March, prior to COVID-19, and is expected to be completed in May. The improvements include pavement repairs, the addition of one accessible parking spot, and new sidewalk and curb ramps to bring the parking lot into compliance with the Americans with Disabilities Act.

The entire asphalt parking lot surface will also be treated with a coat of slurry seal to protect the pavements from deterioration, ensuring our community can enjoy these enhancements for many years. Residents with questions may call the Engineering Department at 562-929-5723.

New Floors at NASC



When COVID-19 guidelines are lifted and the Norwalk Arts and Sports Complex reopens, residents will enjoy new wood floors at the gym! The project began prior to COVID-19 in March and included the replacement of wood floors in the gym, four racquetball courts and the 2nd floor dance room. In addition, new bleachers will also be installed in the gym.

Due to COVID-19, we began closing facilities however, Public Works projects were exempt and the project was able to progress. We look forward to sharing the improvements with the community when we reopen our doors!



COMMUNITY SAFETY ZONE

Street Sweeping Cleanliness & Enforcement



Do your part to help keep our streets clean and our residents safe during COVID-19!

While the City has suspended the enforcement of street sweeping unless violations pose a hazard, we are seeking the public's cooperation

in ensuring that the streets continue to be swept during this health emergency. Please make sure to move your vehicles during your assigned street sweeping times and allow the sweeper to clean your area. If we are unable to maintain the health and safety standards that street sweeping affords our neighborhoods and community, we will have to re-implement citations and enforcement protocols.

Properly Removing and Disposing Protective Equipment

Properly removing and disposing protective equipment will help continue to slow the spread of COVID-19. Protective equipment includes masks, gloves, and sanitizing wipes.



Removing Protective Equipment

The CDC recommends to remove gloves by grasping the outside of the glove with the opposite gloved hand and peel off. Hold the removed glove in the gloved hand. Slide fingers of the ungloved hand under the glove and peel.

When removing masks, individuals should be careful not to touch their eyes, nose and mouth. Please wash hands immediately after removing face coverings.



Disposing Protective Equipment

Gloves and non-reusable face coverings should be disposed in trash bins. Protective equipment should not be discarded on the floor. Littering is against the law and individuals caught littering may be subject to a fine.

We are all in this together; let's keep our community clean and healthy.

Resources for Domestic Violence & Child Abuse Concerns

National crises have historically led to increased reports of domestic abuse. According to the Los Angeles County Sheriff's Department, from 2019 to 2020, domestic violence calls for services have risen in LA County from 863 to 933, an 8.11% increase.

For people experiencing domestic violence during the COVID-19 Safer at Home order, there are resources available.

Domestic Violence Hotline
1-800-978-3600

Domestic Violence Legal Services via Legal Aid Foundation of Los Angeles
1-800-399-4529

National Domestic Violence Hotline
1-800-799-7233
chat available
www.thehotline.org/what-is-live-chat/

Domestic Violence Legal Services via Neighborhood Legal Services of Los Angeles County
1-800-433-6251

National Sexual Assault Hotline
1-800-656-4673
chat available
www.hotline.rainn.org/online

To protect children and report suspected abuse please contact the Child Protection Hotline
1-800-540-4000



Safety Tips for DIY Sanitizing Products

One of the primary ways to prevent the transmission of harmful germs is washing or sanitizing your hands often, especially when out for essential errands and after contact with frequently touched surfaces.

Many people are using the internet to look up "Do It Yourself" instructions for hand sanitizer or sanitizing wipes. To help protect you and your loved ones health, we want to remind residents to avoid mixing household bleach and rubbing alcohol, as it produces chloroform which is highly toxic. Also keep hydrogen peroxide and vinegar separate, as the combination could produce peracetic/peroxyacetic acid, which is a highly corrosive solution.

For more information, please visit the CDC website www.cdc.gov/coronavirus/2019-nCoV/index.html.

Source: LASD

Food Resources for Individuals and Families in Need

The County of Los Angeles has food resources for residents who have been impacted by COVID-19 and are in need of food items.

- **Get help with food expenses** – CalFresh is a Nutrition Assistance Program that can help people in low-income households purchase food by increasing their food-buying power. To see eligibility and to apply, visit <http://dpss.lacounty.gov/wps/portal/dpss>.
- **Find free food near you.** County agencies and partners that provide free groceries and meals are expanding their services during COVID-19. To see options and find food distribution sites near you, visit: https://foodresources-lacounty.hub.arcgis.com/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=. Some programs also provide delivery.
- **Get food delivery assistance.** The County of Los Angeles has launched a Critical Delivery Services program to deliver food and other vital items to adults age 60+ and individuals with disabilities who are unable to leave their homes due to COVID-19. Items must be prepaid and ready for pick-up. There is no cost to the client for delivery. For more information, call 1-888-863-7411.
- **For assistance, or if you do not have access to the Internet, please dial 2-1-1.** Multilingual operators are available to help members of the public find free food resources. *Source: County of Los Angeles



COVID-19 SPECIAL COVERAGE

• Safer at Home •

Protecting Your Pets



For many individuals, our four legged friends, as well as a variety of other pets, are beloved family members. Just as you would take the necessary steps to protect your human family during any health crisis or an emergency situation, please make sure to include your pets in your plans.

According to the Centers for Disease Control (CDC):

- *Coronaviruses are a large family of viruses. Some cause illness in people, and others cause illness in certain types of animals.*
- *Coronaviruses that infect animals can sometimes be spread to people, but this is rare.*
- *The exact source of the current outbreak of coronavirus disease 2019 (COVID-19) is unknown. The first infections were linked to a live animal market, but the virus is now primarily spreading from person to person.*
- *The first case of an animal testing positive for the virus in the United States was a tiger that had a respiratory illness at a zoo in New York City.*
- *We do not have evidence that companion animals, including pets, can spread COVID-19 to people or that they might be a source of infection in the United States.*
- *CDC is aware of a very small number of pets outside the United States reported infected with the virus that causes COVID-19 after close contact with people with COVID-19.*
- *Further studies are needed to understand if and how different animals could be affected by COVID-19.*

If you are sick with COVID-19 (either suspected or confirmed), you should restrict contact with pets, just like you would with your loved ones. This can help ensure both you and your animals stay healthy.

- *When possible, have another member of your household care for your pets while you are sick.*
- *Avoid contact with your pet including, petting, snuggling, being kissed or licked, and sharing food.*
- *If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.*

Moreover, if you are healthy and feel inclined, this stay at home period also provides a great opportunity to foster a shelter animal, or permanently welcome a deserving pet into your home. After all, pets are great comfort for the mental and emotional health of individuals and families, not just in stressful situations like we find ourselves now, but year-round.

Source: Centers for Disease Control

Census Corner – Leading the Way



Way to go, Norwalk! Our City's response rate currently surpasses the State and National response rate. Help us get to 100% by filling out the form. It's everyone's civic duty; and it guarantees we receive the appropriate funding needed for vital community programs and services that improve quality of life.

Norwalk	California	United States
55.1%	53.2%	51.8%

Data from 4/23/20



You can complete the 2020 Census questionnaire online or by phone. Simply visit <https://my2020census.gov/> or call 1-844-330-2020. Households who received a paper form may submit via mail. The information submitted is safe, secure, and confidential, and protected by law.

To find out why participating in the Census is crucial to our community, please visit www.norwalk.org/residents/community/2020-census-everyone-counts-todos-cuentan

Recreation Time at Home

The Norwalk Recreation and Park Services Department is committed to keeping residents entertained and active while on the "Safer At Home Order." It may be difficult to think of ideas on how to keep your family busy, but we are here to help!

Here is a list of activities you can enjoy at home:

- *Build an obstacle course using at home supplies.*
- *Play board games with the whole family.*
- *Take online exercise classes.*
- *Develop a family TikTok dance.*
- *Create at home games using household items (see videos for details).*
- *Modify sports practice drills to be done at home.*
- *Create art by painting, coloring or drawing.*



To view Norwalk's Virtual Recreation page and discover the #PlayInPlace campaign and to see more at home activities visit www.norwalk.org/city-hall/departments/recreation-park-services/virtual-recreation.

El Departamento de Servicios de Parques y Recreación esta comprometido a mantener a nuestros residentes entretenidos y activos mientras están en casa. Unas ideas divertidas que le recomendamos a las familias son construir una carrera de obstáculos usando cosas comunes en el hogar o tomar clases de ejercicio en línea. Visite nuestra página de Recreación Virtual para más ideas!

Enjoy Online Services at the Norwalk & Alondra Libraries



As a precautionary measure against COVID-19, Norwalk Library and Alondra Library are closed until further notice, but residents can continue to access their collection of digital resources 24/7. While at home you can enjoy eBooks, audiobooks, movies, homework help, tutoring and online classes. Residents can also find job resources, health updates, food resources, and so much more.

Temporary resources includes unlimited access to Kanopy for Kids with educational content like Sesame Street and Arthur.

Don't have a Library card? No problem! The Library is providing temporary digital cards (valid for 90 days) to make sure County residents have access to a wide variety of library resources.

Please note that due dates for borrowed materials will automatically be extended, no late fines will be assessed, and customers can return materials when the Library reopens.

Visit <https://lacountylibrary.org/> to apply for a digital card and to access library resources.

