Response to COVID-19

I want you to know that your City and our partner agencies are working every day, sometimes virtually continuing to provide essential services and to respond to residents’ needs during the Coronavirus crisis. While City Hall is closed to in-person interaction, phones and emails are still being answered. Most important, we ask that everyone strictly abide by the Public Health Orders of social distancing. To that end, the City has closed all City parks, playgrounds, trails and the Westlake Village Library. All area schools are closed for distance learning and all non-essential businesses are closed. Our Sheriff’s department is providing regular patrols of residential and business areas to ensure compliance and safety. With your help we will get through this together. Please take advantage of the resources and information in this Newsletter to keep yourself, your family and your community safe.

COVID-19 INFORMATION HUB

The City of Westlake Village has launched a new information hub related to COVID-19. Visit www.WLV.org and click on “COVID-19 Information Hub” to view Public Health Orders, community support programs, videos, and more. Find resources for:

- Seniors in need of assistance with food, shopping, loneliness and health services
- Community members seeking emotional support services
- Businesses and employees in need of financial assistance
- Residents looking for local grocery farmers markets, pharmacy hours and food delivery

Please visit our website at www.WLV.org under “COVID-19 Information Hub” for a full list of community resources and services. Residents can also sign up for the City’s primary emergency notification system on the information page. For questions please contact City Hall at (818) 706-1613.
Let’s Practice
Physical Distancing and Social Interaction!

While we must all adhere to the County Health Orders that require us to physically distance ourselves from others whenever possible, it doesn’t mean that we can’t socially interact. There are plenty of ways to be social while physically distancing in this new and temporary age of coronavirus.

Here are some ideas to help you be safe and social:

- **Shift your workouts to your home** by connecting with a free or low-cost online exercise class. Trainers are offering online classes and workouts, which will not only help keep you in shape, but will also help trainers stay in business while gyms are closed. Search online or visit our website at www.WLV.org/virtualrec to view online resources.

- **Organize a digital social hour with friends.** You can use Zoom, Facetime, Google hangouts or Skype and shift your coffee dates or after-work hangouts to a video platform. It may take some getting used to, but once you adapt, you will find that it is just as fun!

- **Take your favorite board games digital.** If you already have favorite board games you enjoy, you may want to look for a digital or mobile edition. There are also a number of board games that can be played remotely using Zoom or Google hangouts, among others. Check out online resources like Jackbox Games (www.jackboxgames.com) or Zynga (www.zynga.com) to find digital games for the whole family.

- **Honor your monthly book club:** “You’ve finally read the book and this month’s group got canceled. Now what? Slip into your cozy slippers and host it online by using a platform like Zoom, Google Hangout or Skype to arrange the meetup. As an added bonus, this is a great way to discuss something other than the coronavirus.”

We would love to hear your favorite social interaction while physical distancing activity, please contact the City at (818) 706-1613 or email Community Services Coordinator Taylor Pineda at taylor@wlv.org.
How do I Sign up for Information Alerts?

It is important to sign up for emergency information from trusted sources. This helps to prevent misinformation. The City and County have many ways to help keep you connected when an emergency occurs in our area, here are two must haves!

**Alert LA**
Alert LA County is a free mass notification system for Los Angeles County residents and businesses. The Sheriff’s Department uses Alert LA to contact you when there is an emergency or disaster in your community. The system sends shelter-in-place instructions, evacuation and other emergency messages. It has accessibility features for people with disabilities or access and functional needs. The Alert LA County system contacts you through a recorded telephone message at your home or business (TTY/TDD is also available), text message (SMS) or email when you register.

**Blackboard Connect**
Update your telephone numbers and email addresses on the City’s all call system. This is the City’s primary emergency notification system so make sure your information is up to date. Please visit westlakevillage.bbcportal.com to register or update your information.

**CITY FACILITY CLOSURES**
During this time the City of Westlake Village has cancelled all in person services and upcoming programs at City Hall until further notice. Staff are still available to provide essential services and answer questions during working hours, 8:00 a.m. – 5:00 p.m. weekdays, please call (818) 706-1613.

All City parks and facilities are currently closed until further notice. Please do not use the bathrooms, playgrounds or sports equipment at any of the City parks. This includes the facilities at the Civic Center, Westlake Village Community Park, Russell Ranch Park, and Berniece Bennett Park. Residents are still welcome to go outside to use sidewalks while maintaining social distancing guidelines.

Waste Management, the City’s waste service provider has transitioned their contact centers into remote operations. This will not affect trash pickup services. Chat and email communications with Waste Management are still available, but delays may be experienced. Residents may visit www.WM.com for more information.

The Westlake Village Library will be closed until further notice. Please visit their website lacountylibrary.org for more information and available services.

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**Managing Stress and Anxiety**

When you hear, read, or watch news about an outbreak of an infectious disease, it is normal to feel anxious and show signs of stress. It is important to care for your own physical and mental health. For tips on what you can do to help cope, read “Coping with Stress During Infectious Disease Outbreaks” on the Public Health website. For help, call the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771 or call 2-1-1.

**Things you can do to support yourself:**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
What Can I do to Protect Myself and Others from COVID-19?

The Los Angeles County Department of Public Health recommends the following daily steps that everyone can take to reduce the risk of getting sick or infecting others with COVID-19. You should:

► Practice social distancing in compliance with health officer orders. This means everyone should stay home unless they need to access essential services or are an essential worker. Whenever you are out, keep 6 ft. apart from everyone else as much as possible.

► If you are an essential worker, stay home when you are sick.

► Wash your hands 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.

► If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

► Avoid touching your eyes, nose, and mouth with unwashed hands.

► Avoid close contact, like kissing and sharing cups or utensils, with people who are sick.

► Clean and disinfect frequently touched objects and surfaces using a regular household cleaning product.

► Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your elbow (not your hands).

► Avoid all non-essential travel

For more information please visit the LA County Department of Public Health website at www.publichealth.lacounty.gov/media/Coronavirus.

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Please check the City’s website at www.wlv.org for upcoming Special City Council Meetings.

City Council meetings can be seen live on WVTW Channel 10 and via web streaming on www.WLV.org.

Reliable Sources of Information on COVID-19

Always check with reliable sources for the up-to-date, accurate information about the novel coronavirus:

► Los Angeles County Department of Public Health (LACDHP, County)
  www.publichealth.lacounty.gov

► California Department of Public Health (CDPH, State)
  www.cdph.ca.gov

► Centers for Disease Control and Prevention (CDC, National)
  www.cdc.gov

► World Health Organization (WHO, International)
  www.who.int