March 20, 2020

COVID-19 Update: What Stay at Home Order Means to Psychologists

Hello CPA Members:

As you are all aware, California Governor Gavin Newsom issued a STAY AT HOME EXECUTIVE ORDER, effective as of 12:00 am Friday March 20, 2020. With regard to face-to-face-therapy visits, psychologists and other health professionals are considered a part of the critical sector and these activities can continue under the Executive Order. See: CISA.GOV PAGE 5 DEFINITIONS. I have been emailing with CA state officials and staff and the guidance is that telehealth is best but you can have a face-to-face session as long as you maintain 6 feet distance. Please practice caution, sanitize your office between sessions, and do not hold a session if you or your client is sick.

As we head into the weekend with high transmission rates of COVID-19, the Governor felt this Executive Order was necessary to avoid people congregating in dine-in restaurants/bars/theaters /malls/parks/beaches. You’re still allowed to go outside as long as you practice proper social distancing by maintaining 6 feet away from others. You can still go for a walk or run, go grocery shopping, purchase food at a restaurant for takeout, go to a pharmacy, post office, or get gas. Every individual should limit their trips to the best of their ability. It gets riskier if you’re over 60 or immune compromised, so please use caution and limit travel to only what you believe is essential.

For more information: There is a new dedicated COVID 19 state website at www.covid19.ca.gov.

There is an increased need for volunteers at food banks, meal delivery, and blood donations if you are healthy. Please click here for more information.

Best,

Amanda

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