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Media Release

Bay Area Runs Low on ICU Beds, Triggering California's Regional Stay-at-Home Order

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Wednesday, December 16, 2020

Due to the dwindling supply of hospital beds for patients who need intensive care in the Bay Area, the state will apply a regional stay-at-home order across the nine-county region to slow the spread of COVID-19 and prevent the region's hospitals from becoming overwhelmed.

Now more than ever, Contra Costa Health Services (CCHS) urges everyone who lives or works in the county to follow the health advice within the law to keep themselves and their loved ones safe during the holiday season.

- Avoid in-person gatherings with people who do not live in your household, especially indoors.
- Always wear a face covering and practice physical distancing whenever you go out, and avoid unnecessary trips outside the home.
- Always stay home if you are not feeling well, and consider a COVID-19 test if you have symptoms such as fever, cough or shortness of breath.

The [state's stay-at-home order](https://www.gov.ca.gov/wp-content/uploads/2020/12/12.3.20-Stay-at-Home-Order-ICU-Scenario.pdf) (<https://www.gov.ca.gov/wp-content/uploads/2020/12/12.3.20-Stay-at-Home-Order-ICU-Scenario.pdf>) evaluates hospital capacity of California by region of the state, triggering when

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