



Debbie Stone, Mayor
Janice Elliott, Mayor Pro Tem
Ricky Felix, Councilmember
Rudy Zuniga, Councilmember
Bill Velto, Councilmember
Telephone (909) 931-4122
Facsimile (909) 931-4301

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Dear Upland Residents,

In the past few days we have received a lot of information from variety of sources regarding the COVID-19 Virus. The City staff is working closely with the San Bernardino County Emergency Operations Center and San Bernardino Department of County Health. We are taking steps to protect the public by suspending programs in accordance with the guidance procedures. The City website will have detailed information on the specific services impacted.

As your Mayor, I am asking that we all focus on and follow the information provided through our San Bernardino County emergency services personnel and County health officials. This information is linked through our website here: <https://www.uplandca.gov/emergency-preparedness>

The direction given through federal, state, and local leaders is intended to keep us all safe. We can choose to be well as a community by following the directions provided to us. By now we have heard about staying home as much as possible, washing our hands frequently, not touching our faces, and avoiding crowds when we go out. If you feel ill, please contact your health provider by phone for assistance.

Here are some other ways we can respond as a community, care for one another, and get through this together:

- Check on your neighbors, especially those who are elderly or at high risk. Call them, share your supplies with them when possible (drop them off on the porch) or include their list in your next grocery or drug store run.
- Support local restaurants by ordering for delivery or pick up.
- Social distancing may keep us safe from a virus, but it has mental health implications. Stay connected to people. Schedule calls and video chats with friends and family.
- Changing the way we go about our daily lives is challenging for all of us and it impacts us all differently. Make an extra effort to be kind and patient with the people you come in contact with in person, on the road, on the phone, and in your own home. Remember, we are all in this together.
- Thank you for being part of a great community that is capable of pulling together and responding as one.
- Please check the City's website frequently for updates on Covid-19 and available City services. Please know that the City staff is working very hard for all of us.

You are all in my thoughts as we get through this together. I wish you all good health.

Debbie Stone

Upland Mayor

City of Upland

460 North Euclid Avenue, Upland, CA 91786-4732 • (909) 931-4100 • Fax (909) 931-4123 • TDD (909) 735-2929 • www.uplandca.gov