



## **MEDIA ALERT**

**March 17, 2020**

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**FOR IMMEDIATE RELEASE:**

### **KernBHRS to limit services as part of County State of Emergency**

The County of Kern has declared a State of Emergency regarding the coronavirus disease 2019 (COVID-19) pandemic. Due to this, Kern Behavioral Health & Recovery Services (KernBHRS) has moved to an essential-staffing model effective March 16 until April 14 at 8 a.m.

KernBHRS understands the anxiety, stress and uncertainty that this situation is causing across our community and beyond. Our 24-hour Crisis Hotline will remain fully staffed and operational at 1-800-991-5272 to help residents work through any anxiety and uncertainty they may be experiencing during this time.

Several of our sites will remain open to provide essential services. Adult Outpatient Services will be available at both 5121 Stockdale Hwy. and 2525 N. Chester Ave. Children's Services will be available at 3300 Truxtun Ave., and Substance Use Disorder services can be accessed at 1401 L St. All of these locations are located in Bakersfield, Calif.

If you are in need immediate behavioral health services, visit the Mary K. Shell Health Center, located at 2151 College Ave., Bakersfield, Calif. Immediate behavioral health services are also available at the Ridgecrest CSU, located at 1141 Chelsea St., Ridgecrest, Calif.

There are steps that you can take to help prevent the spread of COVID-19 during this time:

- Please practice the recommended social distancing of six feet per person and stay home as much as possible.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

We urge our staff and the community to view regular updates that will be posted to our website at <https://www.kernbhers.org/covid-19> as well as on our social media platforms.

