

including the U.S., is also real. The World Health Organization has declared the virus a global health emergency, precisely because of that risk, WHO Director-General Tedros Adhanom Ghebreyesus said during a news conference. There likely will be more cases confirmed in the U.S., and it is likely that people in close contact with those patients could contract the disease, said Dr. Nancy Messonnier, director of the National Center for Immunization and Respiratory Diseases at the CDC.

Still, the risk to the American public remains low, officials stressed. That's partly because public health departments around the country are preparing for additional cases.

"We have a really good public health system that's really good at detecting disease," said Anne Rimoin, an epidemiologist and director of UCLA's Center for Global and Immigrant Health. "We've been preparing for this kind of a thing."

The CDC is reminding the public to take the usual precautions during flu season: Wash hands regularly; cover your mouth when you cough; avoid touching your eyes, nose and mouth with unwashed hands; and avoid contact with people who are sick.

About this story:

It is an abridged version of the original produced by Kaiser Health News, an editorially independent program of the Kaiser Family Foundation.

Local health departments also are monitoring close contacts of people who have tested positive for the virus, and sometimes running diagnostic tests even when they have no symptoms.

Despite these assurances, rumors are circulating broadly via text and social media, particularly in Chinese immigrant communities, about people who recently traveled to China and might be infected.

Los Angeles resident Rachel Lee Morales, who was born in China, is anxious because her young daughter is in China with her grandparents to celebrate the new year. Morales is closely following news on the epidemic and has seen messages on social media making unverified claims about people who have recently traveled to Wuhan, including sharing their address and where their children attend school.

"Information gets spread so widely these days, and it could seriously hurt people's lives," Morales said. "I don't want anyone to get into trouble because of this."

This guy saves you money.

WEEKLY DOSE

Tamp the panic

According to the Mayo Clinic, focused breathing can help release tension and manage stress when the mind is overloaded and anxiety sets in. The key is focusing on diaphragmatic breathing (using the diaphragm muscle) over chest breathing (using upper-chest muscles), and there are several techniques that will sharpen your abilities and allow you to calm down. One of the most popular is the box breathing used by Navy Seals: inhale through the nose (four count); hold (four count); exhale through the nose (four count); hold (four count); and repeat for five minutes (or less for beginners). There's also the 4-7-8 technique championed by alternative-medicine guru Dr. Andrew Weil: inhale through nose (four count); hold (seven count); exhale through mouth (eight count). Start with four reps per session and increase to eight as you acclimate; repeat as needed. The Mayo clinic suggests placing one hand on your abdomen (below navel), then inhaling and exhaling through your nose in long, slow, deep breaths, feeling your abdomen (not chest) rise and fall as it fills and empties. Continue until you've chilled.



CN&R
sweetdeals
CNRSWEETDEALS.NEWSREVIEW.COM

Vote YES on A by Tuesday, March 3rd!

Join Us!

Ballot Signatories
Jessica Bourne,
CFO River Partners
Dan Herbert,
Real Estate Broker
Jerry Hughes,
Retired CARD GM
Matt Jackson,
Retired VP Butte College
Tom Lando,
Retired City Manager
Bob Malowney,
Chico Business Owner
Laura McLachlin,
Co-Director, Ability First
Pamela Meuter,
Philanthropy Specialist & Past
President, NCL
Jim Parrot,
President, Chico Police Officers
Association
Jillian Smith,
Chico Mothers Club

Businesses and Organizations

Chico Unified Teachers
Association (CUTA)
Chico Mothers Club
Chico Area Swim
Association (CASA)
Chico Chamber of
Commerce
Explore Butte County
LRT Graphics
Melton Design Group
Service Employees
International Union
(SEIU)
Chico Senior Softball
Chico Pickleball
Chico Police Officers
Association (CPOA)

YES for Safe Parks and a Better Chico!

Community Members

Mark Adams
Julie Alpert
Susan Archer
Grandmaster Farsah
Azad
Denise Banathy
Tony Baptiste
George Barber
Aaron Bor
Anita Barker
Don Batie
Dennis Beardsley
Sally Beardsley
Jason Bougie
Bob Bracewell
Rashell Brobst
Bill Brouhard
Sherri Brouhard
Kevin Bultema
Rose Mary Burke
Debra Cannon
Julie Cardinet
Kathy Carpenter
Valerie Caruso
Heather Childs
Pennie Chrisope
Terry Cleland
Ellie Clifford Ertle
Pat Conroy
Wayne Cook
Arturo Coupo
Kelly Crane
Kathleen Dais
Chris Daly
Robert Davidson
Richard Devaney
Carol DiGiovanni
Jane Dolan
Victoria Doll
Dave Donnan
Jodi Drysdale
Craig Duncan
Loren Dunlap
Trish Dunlap
Michelle Eaton
Denee Ehrhart
Shelton Enoch

A Evans

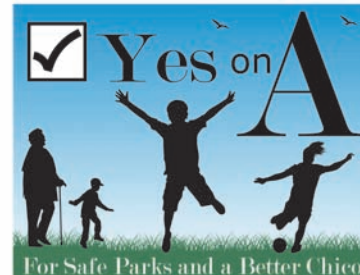
Bob Evans
Cassie Faith
Rosemary Febbo
Jolene Francis
Mark Francis
Emily Gorder
Jennifer Griggs
Doug Guillon
Debbie Guillon
Helen Harberts
Marilynn Hoppough
Terry Houser
Debra Howell
Christine Hurt
Ray Hurt
Carol Huston
Sean Isom
Susan Isom
Erika Iturria
Carol Johnson
Francine Kenkel
Cheryl King
Sandra Knight
Kevin Kramer
Denver Latimer
Sandy Laver
Carl Leverenz
Stephanie Lewis
Ed Litwak
Jeff Lobosky
Christine Lockhart
Jerry Louie
Debbie Maderos
Jennifer Marciales
Nancy Marie
Nick Matthews
Nancy Matthews
Paul McCreary
Bill McGinnis
Michael McGinnis
Bob McKinnon
Gloria McKinnon
Marilee Meuter
Ralph Meuter
Heidi Musick
Ann Nikolai
Robert Nilsen
Michelle Niven
Melissa Pasquale

Ann Patterson

Cindy Pierce
Joshua Pierce
Wendy Porter
Margaret Reece
Carolyn Richards
Shane Romain
Janice Rosene
Norm Rosene
Bob Russ
Susie Sanders
Hasmik Sargsyan
Walt Schafer
Irv Schiffman
Dave Schlichting
Amber Sciligo
Hope Shapiro
Judy Sherwood
Sam Simmons
Jennifer Slinkard
Matt Smith
Bob Sneed
Jan Sneed
Anastacia Snyder
Beth Spencer
Tao Stadler
Dick Stein
Mary Stein
Jack Sterling
Jim Stevens
Renee Stratton
Jennifer Stuart
Lauren Swanson
Audrey Taylor
Carole Terhorst
Cornwell
Katy Thoma
Lucy Tracy
Mary Tribbey
Brendan Vieg
Terra Wallis
Nancy Williams
Alison Willmann
Ann Willmann
Grace Willmann
Hans Willmann
Maddie Willmann
Joe Willis
Partial List of
Supporters

Measure A Will:

- **Improve public safety** by enhancing security to reduce crime and homelessness in parks, including patrols and improvements such as lighting, parking lots, and other measures.
 - **Repair and modernize** aging recreation centers, playgrounds, sports fields, and swimming pools to promote active and healthy living for people of all ages and abilities.
 - **Maintain** restrooms facilities, walking paths, trails, recreation areas, and finish partially completed parks.
- Taxpayer Safeguards**
- ALL Measure A funds stay local to support Chico Area Recreation and Park District (CARD).
 - By law, these funds CAN'T be taken by the State or used for any other purposes.
 - Oversight and mandatory audits will ensure funds are spent properly.



Paid for by Residents for Safe Chico Parks & Recreation
- Yes on Measure A 2020, committeemajor funding by
Service Employees International Union (SEIU)1021. | FPPC #1423664

**CHICO TRANS* WEEK
PROFESSIONAL TRAININGS**

INSTRUCTION, WORKSHOPS & DISCUSSIONS WITH
EXPERTS IN EACH FIELD ON PROVIDING CARE AND
SERVICE TO TRANSGENDER AND NON-BINARY PEOPLE



AGENCY FOCUSED SESSION APRIL 2ND	CARING FOR YOUTH APRIL 2ND	PROVIDING HEALTHCARE APRIL 3RD
FOR ADMINISTRATORS, AGENCY STAFF, HR PROFESSIONALS, SOCIAL WORKERS, AND LAW ENFORCEMENT	FOR TEACHERS, FAMILIES, YOUTH PROGRAM STAFF AND YOUTH COUNSELORS FREE CHILDCARE W/ REGISTRATION	FOR MEDICAL AND MENTAL HEALTH CARE PROVIDERS 6 HRS OF CES AVAILABLE FOR MOST LICENSED CLINICIANS

REGISTRATION OPENS FEBRUARY 15TH
LOW FEES FOR STUDENTS AND FAMILIES
STONEWALLCHICO.COM/TRANSWEEK