**Governor Gavin Newsom Daily Press Conference- April 7, 2020**

Today’s press conference from the Governor was focused on behavioral health.

The governor started by quoting an adage his mother told him, “Stand guard at the door to your mind,” which he said was a message of optimism, resilience, and faith.

The governor acknowledged the toll the COVID-19 pandemic was taking on Californians – with stress and anxiety of lost jobs, kids not at school.

“Staying at home doesn’t mean you are alone.  The state is here to support you,” the Governor said.

Governor said he had tasked **Surgeon General Nadine Burke Harris** to put together a strategy and “protocol” to support Californians.  He put a focus on caregivers and described the tools the Surgeon General developed as “psychological first aid.”

The Governor talked about the relationship between “brain health” and physical health and the differences in what children experience andexpress when they are under stress. He said the state will be issuing guidance for both private and Medi-Cal plans related to this.

Among the resources the governor announced today:

The Surgeon Generals “playbooks” for adults, caregivers and children.

* [https://covid19.ca.gov/manage-stress-for-health/#top](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcovid19.ca.gov%2Fmanage-stress-for-health%2F%23top&data=02%7C01%7C%7C2212b0b3025444e2a3a408d7db66f796%7C44426f9401874c53af720a87884606f8%7C0%7C0%7C637219107624352640&sdata=UZm%2Bp4oFevUFNZw5WsE4s3S5t6CnMbPDx8MS2ZTqHFE%3D&reserved=0)

Support lines/Hotlines (including county resources). He made a point of noting the inclusiveness of these resources – up to 170 languages served and LGBTQ resources.

* [https://covid19.ca.gov/resources-for-emotional-support-and-well-being/](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcovid19.ca.gov%2Fresources-for-emotional-support-and-well-being%2F&data=02%7C01%7C%7C2212b0b3025444e2a3a408d7db66f796%7C44426f9401874c53af720a87884606f8%7C0%7C0%7C637219107624362634&sdata=vg8RE%2FyyrJUxKc49wvb2RRuVcIoHZueD%2BrBbLmj3%2Fjg%3D&reserved=0)

Surgeon General Nadine Burke Harris reiterated that physical distancing and measures like hand washing remain “a top priority” but that “maintaining emotional and spiritual connections” are “more important than ever” for emotional and behavioral health.  She also discussed the role of stress in the biological response from sleep, appetite, mood changes, anxiety, anger, increase use of substance use, blood pressure, blood sugar, asthma, increased risk of infection, etc.

On the COVID-19 cases, he reported:

1. 15865+ positive tests  (10.7% increase over prior day)
2. 2611Hospitalizations (4.1% +)
3. 1108 ICU cases (2.1% +)

He was optimistic that these numbers show a “flatting of the curve,” but also a lengthening of it. But he reiterated that it is still rising, “just not at the slope that was projected before physical distancing orders” and we cannot relent on the physical distancing.