

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Importance of COVID-19 Boosters

What You Need to Know

- COVID-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary series vaccinations.
- People are protected best from severe COVID-19 illness when they stay up to date with their COVID-19 vaccines, which includes getting all recommended boosters when eligible.
- There are different COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised.
- It is never too late to get the added protection offered by a COVID-19 booster.

COVID-19 Vaccination Is a Safer, More Reliable Way to Build Protection

- Getting a COVID-19 vaccine is a safer, more reliable way to build protection than getting sick with COVID-19. COVID-19 vaccination helps protect you by creating an antibody response without you having to experience sickness potentially including severe illness or post-COVID conditions,

COVID-19 Vaccines Are Effective

- Covid-19 vaccines are effective at protecting people from getting seriously ill, being hospitalized, and even dying.
- The protection COVID-19 vaccines provide decreases over time, especially for certain groups of people. For this reason, the CDC recommends everyone stay up to date with their vaccines for the best protection.
- People who do have certain medical conditions or who are taking medications that weaken their immune system are at increased risk of severe COVID-19 illness and death. Additionally, their immune response to COVID-19 vaccination may not be as strong as in people who are not immunocompromised.

Source: www.cdc.gov (updated June 24, 2022)

Get Free At-Home COVID-19 Tests

Every home is eligible to submit another order for COVID-19 At-Home Tests. Visit www.covid.gov/tests or contact Healthy Aging Association for assistance by calling (209) 525-4670. Eight (8) COVID-19 At-Home Tests will be delivered to your home by USPS.

Source: <https://www.covid.gov/tests>



**GET FREE AT-HOME
COVID-19 TESTS**

Every home is eligible to order a third round of COVID-19 Home tests.

Visit covid.gov/tests or contact Healthy Aging Association for assistance at (209) 525-4670

Covid-19 test kits will be delivered to your home by USPS.

Need a COVID-19 Test?

Reason to Get Tested

- If you have COVID-19 symptoms
- At least 5 days after known or suspected close contact to COVID-19
- For screenings (schools, workplaces, congregate settings, etc.)
- Before and after travel
- When asked by a healthcare professional or public health official



If you have had COVID-19 in the past 90 days and recovered, you do not need to be tested again unless you develop new symptoms. If you develop new symptoms, isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Types of Viral Tests

Laboratory Tests	Rapid Tests
<ul style="list-style-type: none"> ● Sample either a nasal swab or saliva ● Results usually in 1-3 days ● Results reliable for people with and without symptoms ● No follow-up test required ● Common Example: PCR test 	<ul style="list-style-type: none"> ● Sample usually a nasal swab ● Results usually in 15-30 minutes ● Results may be less reliable for people without symptoms. ● Follow-up tests may be required. ● Common Example: Antigen test

Actions After Results

If Positive Result	If Negative Result
<ul style="list-style-type: none"> ● Isolate for at least 5 days. ● Seek a confirmatory test if recommended by a healthcare professional. ● Monitor your symptoms. 	<ul style="list-style-type: none"> ● If up to date on vaccines: return to normal activities, wear a mask in areas where the COVID-19 Community Level is high. ● If not up to date on vaccines and have symptoms or exposed: quarantine for at least 5 days.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

Need the COVID-19 Vaccine Administered At Home?

If you are 60 years and older and homebound, it is still important to get vaccinated. If you need to get the COVID-19 vaccine or booster, call Healthy Aging Association at (209) 525-4670 to help by sending a nurse to administer any of these vaccinations at no charge to you. Stanislaus Homebound Program is a great program that brings the vaccine, booster shot, or flu shot right to your home.

Stanislaus County - COVID-19 Community Level - HIGH



Recommendations based on current level:
Wear a mask.
Get tested when needed.
Get vaccinated to prevent severe disease, hospitalization, and deaths.



Weekly Metrics Used to Determine the COVID-19 Community Level

Case Rate per 100,000	<u>235</u>
Weekly COVID-19 Admissions per 100,000	<u>10.3</u>
Staffed inpatients beds in use by patients confirmed with COVID-19	<u>6.3%</u>

(To calculate the risk level in counties the CDC looks at new cases in the last seven days, along with hospital admissions).

Percentage Vaccinated

1+ Dose	<u>68.5%</u>	2+Doses	<u>57.6%</u>	Booster Shots	<u>23.5%</u>
Positivity Rate:	<u>14.62%</u>				
Currently Hospitalized:	<u>90</u>	ICU:	<u>9</u>		

Total Deaths from COVID-19 in Stanislaus County 1,781

Source: www.CDC.GOV (Updated 06/28/2022)

If YOU JUST TESTED POSITIVE - Ways To Get Medication

A prescription is the key; the antiviral pills require a prescription and need to be started within five days of symptoms appearing. To get a prescription you'll have to show positive COVID-19 test results and review your risk factors and any medications you take with a health care provider.

Visit a Test-To-Treat Site – For individuals who are unable to access their health care provider within a brief time frame, there are two Test-To-Treat sites in Stanislaus County.

Two Test-To-Treat Sites:

- Turlock - Rube Boesch Center: 275 North Orange St., Turlock, CA 95382
 - Sunday - Thursday: 7:00 A.M. - 11:00 A.M. & 12:00 P.M. - 3:00 P.M.
- Salida Library Parking Lot: 4835 Sisk Rd., Salida, CA 95368
 - Monday - Friday: 11:00 A.M. - 3:00 P.M. & 4:00 P.M. - 7:00 P.M.

Contact Your Primary Care Doctor – Having a provider that knows your history, as well as the details of your current situation, can be helpful. For those with primary care providers you can be assessed for risks and medications and, if eligible, obtain a prescription for the medication.

Which is Correct?

We are putting you to the test! Which of the following mask wearers is correctly wearing the mask? Sean in Red or Andrea in Green?



With COVID-19 at a HIGH level in Stanislaus County, it is strongly recommended to wear a mask for gatherings, out in a public setting, and if you have been in contact with someone who has had COVID-19. However, it is recommended that you wear your mask correctly.

To wear the mask correctly and to best protect yourself and others, you should follow the example of Andrea on the right. Masks should completely cover the NOSE and MOUTH and fit snugly around the nose and chin with no large gaps around the sides of the face. Do not lower or remove the mask while talking; doing so may allow infectious droplets to escape and defeat the purpose of wearing a mask.

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