

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

New “Bivalent” Booster - What and Where Available.



The Federal Drug Administration (FDA) and the Center for Disease Control (CDC) approved the updated Bivalent Booster doses from Pfizer and Moderna.

The updated bivalent boosters for COVID-19 are formulated to protect and fight the BA.4 and BA.5 variants of Omicron which are what is currently circulating across the U.S.

Who Can Receive New Boosters

- People who are fully vaccinated against COVID-19 (who have had a Primary Series)
- People who have had a Primary Series plus one or two previous boosters.

If you have not been vaccinated yet, you cannot get the new booster, until you have completed a *primary series of the COVID-19 vaccine.

*Primary series is either 2 vaccines of Moderna or Pfizer or 1 Johnson and Johnson.

Where Can You Get Vaccines or New Boosters (and Flu Vaccines)

- **Sutter Health** – Sutter offers updated booster doses for eligible individuals ages 12 and older, by making an appointment by calling (844) 987-6115 or scheduling an appointment through the MyHealth patient portal.
- **Kaiser Permanente** – Kaiser offers updated boosters for eligible individuals 12 and older, by calling your provider, or by scheduling an appointment by visiting <https://mydoctor.kaiserpermanente.org/covid-19/covid-19-vaccine>.

The following **pharmacies** throughout Stanislaus County may have vaccines/boosters at some of their locations. Find COVID-19 Vaccine and Boosters, Go to; www.Vaccines.gov or call 1(800) 232-0233.

If you need assistance with any of the following pharmacies please call **Healthy Aging Association (209) 525-4670**.

www.CVS.com

www.RiteAid.com

www.Walgreens.com

Public Health Immunization Clinic, 401 Paradise Road, Suite E, Modesto, CA 95351 (for adults who are uninsured) For appointment go to MyTurn.ca.gov or call (833) 422-4255.

Stanislaus Homebound Program

If you are 60 years and older and are unable to leave your home to get the COVID-19 Vaccine, Booster or Flu shot, Healthy Aging Association can help by referring a nurse to administer any of these vaccinations at no charge to you.

If you are homebound, it is important to get vaccinated or if you have had both vaccines, it is recommended for you to get the new booster. **Call Healthy Aging at (209) 525-4670.**

COVID-19 Stanislaus Community Level

MEDIUM

Recommended actions based on current level

- Stay up to date with COVID-19 vaccines.
- Get tested if you have symptoms.
- Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. You may choose to wear a mask at any time as an additional precaution to protect yourself and others, including public transportation and in a crowd. If you are at high risk for severe illness, consider wearing a mask indoors in public and taking additional precautions.

Weekly Metrics used to determine the COVID-19 Community Level

Case Rate per 100,000 populations	163.62
New COVID-19 Admissions per 100,000	13.9
% Staff inpatient beds in use with confirmed COVID-19	6.7%

% VACCINATED in Stanislaus County

1+Doses **69.1%** 2+Doses **58.2%** Booster Shots **24.6%**

Stanislaus County COVID-19 Update

Total Deaths from COVID-19 in Stanislaus County 1,846 (Updated 09/07/2022)
 Total Deaths in August 2022 – **31**

Hospitalizations:

Positivity Rate: **12.0%** Daily New Cases per 100,000: **17.6**
 Currently Hospitalized: **58** ICU: **4.8** New Confirmed Deaths: **10**

COVID-19 At Home Test Kits

You can no longer receive FREE TESTS from the Federal Government.

You can obtain COVID-19 Test Kits through some pharmacies such as: Walgreens, CVS, Rite Aid, and others. Many pharmacies will take the following for at home test kits;

- Medicare Part B
- Private Insurance
- MediCal
- Kaiser Members – Call to Order and they will mail to you.



*Note: Some private insurance may require payment up front, and you will receive reimbursement when submitted to insurance. Check with your insurance provider.

COVID-19 Testing

If you have an exposure or symptoms, you should take an at-home test or get a test at a testing site or a healthcare facility. If you test negative using an at-home test but have COVID-19 symptoms, test again with an at-home test in 24-48 hours or obtain a PCR test. Currently, both PCR and at-home tests can detect COVID-19, but as with every test there are occasional false positives and false negatives.



Source: www.Covid19.ca.gov/smarter

Where to Receive COVID-19 Testing

Free Testing – To schedule an appointment Go to: www.MyTurn.ca.gov or Call 1(888) 702-9042.

Briggsmore Plaza Kiosk
1800 Prescott Rd. Modesto, CA 95350
Services: RT – PCR Test for COVID-19

CSA (Community Services Agency)
251 E. Hackett Rd., Modesto, CA 95358
Services RT – PCR Test for COVID-19

Many pharmacies such as, Walgreens, CVS, and Rite Aid will conduct the Rapid Antigen test and the PCR tests at their locations by appointment only.

*Kaiser Permanente also provides testing to their members by appointment.

Treatment

There are medications approved for treatment for COVID-19 infection, especially for those with a high risk of serious disease. Contact your health care provider to determine if a medication is right for you.

COVID-19 Test to Treat Program

To schedule an appointment, Go to: <https://myturn.ca.gov/> or Call 1(888) 634-1121 or check with your Healthcare provider.

There are two Free Test to Treat Program Sites for **uninsured individuals** in Stanislaus County. These tests provide both testing and immediate treatments for individuals who are at risk and are a candidate for COVID-19 treatments.

Salida Library Parking Lot
4855 Sisk Rd., Salida, CA 95368

Ruby Boesch Center
275 N. Orange St., Turlock, CA 95382

Test to Treat sites allow individuals to get tested, be seen by a provider, and receive antiviral pills. (Paxlovid or molnupiravir). Take a list of the prescribed and over the counter medications you are currently taking when you go to the site.

Call Healthy Aging Association at (209) 525-4670 if you need help or assistance with any of the above resources.

Regular Exercise May Help Protect You From COVID-19

New research completed by the British Journal of Sports Medicine found that;

- Those that exercise regularly had 11% reduced risk of getting COVID-19.
- Those that exercise regularly and happen to get COVID-19 have a;
 - 34% lower risk of getting severely sick.
 - 36% reduced risk of being hospitalized.
 - 43% lower chance of dying from COVID-19.



The great thing about regular exercise is that it helps the whole body by:



- Boosting the immune system.
- Reducing chances of viral infections.
- Protecting and potentially improving chronic diseases.
- Reducing negative complications from COVID-19.
- Preventing and managing depression and anxiety.
- Helping prevent the common cold.
- Improving physical function, and muscular health.

The best way to protect yourself against COVID-19 is to get at least 21 minutes of moderate exercise each day, get adequate sleep and maintain a healthy diet. These along with getting vaccinated, social distancing, masking, and practicing good hygiene are the most effective strategies to avoid getting sick.

If you are looking to find an exercise program that brings you enjoyment, you can try the following programs that are offered at no charge to older adults by Healthy Aging Association. Young at Heart Strength Training, Tai Ji Quan: Moving for Better Balance, and Line Dancing for Exercise. If you are interested in receiving more information, call (209) 525-4670.

Source: <https://www.health.com/news/exercise-reduce-covid-risk>

HICAP Stanislaus County Medicare HMO October Forums

Join HICAP at one of their Medicare Advantage Plan Updates in Oakdale (10/18), Patterson (10/19), Turlock (10/24), or Modesto (10/26)! For more information on these or about Medicare, call HICAP at (209) 558-4540. Open enrollment is from October 15 - December 7.

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For Senior Information and Assistance contact (209) 558-8698



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