

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

What You Need to Know About COVID-19

Your actions help keep family and friends healthy. By staying informed, you can protect yourself, your family, and your community from the coronavirus.

RECOMMENDATIONS:

Masks are recommended if your community risk level is high, you have recently been exposed to or infected with COVID, or you have been told by a healthcare professional to wear a mask based on your personal risk factors.

Testing is important if you experience symptoms or have been recently exposed to COVID-19. Every residential household in the U.S. can now order 8 additional free at-home tests. The Test to Treat initiative provides high-risk individuals who test positive with immediate access to antivirals at certified locations.

*Get 8 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.

Vaccines can protect against infection, serious illness, and death from COVID-19.

Booster Shots offer necessary protection against infection, serious illness, and death from all COVID-19 variants, and are 90% effective at preventing hospitalization from the Omicron variant.

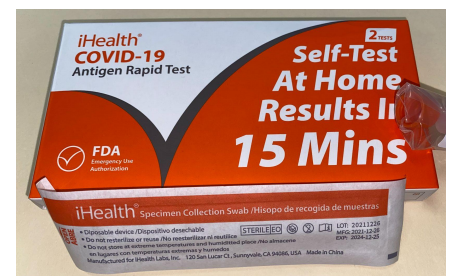
Boosters provide important protection from severe COVID-19 illness. If you're 50 or older and it has been four months since your booster, it is time for your second booster.

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

Don't Throw Away Your COVID-19 At-Home Tests Just Yet!

Your COVID-19 at-home test kits may not be expired just yet! Some manufacturers have provided data that shows the shelf-life is longer than expected. The FDA has granted an extension to some at-home COVID-19 test kits such as iHealth, BinaxNow, CareStart and more!

Use this list provided by the FDA to **find your test** and the **printed expiration date** on your at-home test kit and see if there is an extension. To view the full list of test kits that have new expiration dates, click [here](#) or call Healthy Aging Association at (209) 525-4670 for assistance.



COVID-19 Stanislaus Community Level HIGH

Weekly Metrics Used to determine the COVID-19 Community Level

Case Rate per 100,000 population	275.31
New COVID-19 Admissions per 100,000 population	17.4%
% Staff inpatient beds in use with confirmed COVID-19	10%

COVID-19 Community Level	Case Rate per 100,000 population
June 193.4 Low	July 235 High
	August 275.31 High

Total Deaths from COVID-19 in Stanislaus County 1,805

(Updated 8/2/2022)

% VACCINATED in Stanislaus County

1+Doses 68.8% **2+Doses 57.9%** **Booster Shots 24.1%**

Stanislaus County COVID-19 Update

Hospitalizations:

Positivity Rate: 19.9% Daily New Cases per 100K: 39.3
 Currently Hospitalized: 88 ICU: 9.2 New Confirmed Deaths: 4

Source: Stanislaus County Health Services Agency, and www.cdc.gov

COVID-19 Test to Treat Program

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

Services at OptumServe Test to Treat sites are free to uninsured individuals.

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.

Source: www.schsa.org/coronavirus/testing


COVID-19 UPDATE

HEALTH SERVICES AGENCY

WE NOW OFFER TEST TO TREAT AT OUR OPTUMSERVE SITES

Rube Boesch Center
 275 North Orange Street
 Turlock, CA 95382
 Sunday-Thursday: 7am-3pm
 Friday and Saturday: CLOSED
 Site is closed daily from 11am-12pm

Salida Library Parking Lot
 4835 Sisk Road
 Salida, CA 95368
 Monday-Friday: 11am-7pm
 Saturday-Sunday: CLOSED
 Site is closed daily from 3pm-4pm



schsa.org/coronavirus/testing

Need Transportation to the Vaccine/Booster Event on August 24?

(Flu Shots are also going to be available)



Need Transportation?

Do you need a ride to get your Booster, Vaccine, or Flu Shot? In a partnership with Stanislaus Aging and Veterans Services and Healthy Aging Association, MOVE is providing Stanislaus County Older Adults and Veterans a free ride to the August 24th Vaccine/Booster Event from 9:00 A.M. to 2:00 P.M. at the Stanislaus County Veterans Center at 3500 Coffee Road, Suite 15.

Please Call: MOVE Transportation: (209) 672-1143

We Can Help You Get the COVID-19 Vaccine or Booster at Home!

Stanislaus Homebound Program is a great program that brings the COVID-19 vaccine, booster shot, or flu shot right to your home. If you are 60 years and older and are unable to leave your home to get the COVID-19 Vaccine or Booster, Healthy Aging Association can help by sending 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 a booster. Call Healthy Aging Association at (209) 525-4670.

We can help you get your COVID-19 Vaccine or Booster at Home!



GET PROTECTED – GET VACCINATED

STAY PROTECTED – GET BOOSTED

Monkeypox Virus

For those who are 50 years and older and were vaccinated for smallpox as a child, this vaccination provides you with some protection against monkeypox. For anyone to be eligible for a monkeypox vaccine, you would have to be exposed to an individual who has the virus.

Monkeypox is not a new virus and does not spread in the same way as COVID-19. The current risk of getting monkeypox is low. To learn more about the Monkeypox virus please visit [cdc.gov](https://www.cdc.gov).

Keep Your Health Up!

With COVID-19 still around, it is more important than ever to ensure that your body is the healthiest it can be. Having good health, both physically and mentally is the best medicine for your body. Here are some ways you can improve your health out in a community class, on your own time, or in the comfort and safety of your own home.

Community Classes

These classes are a place for group camaraderie. Many participants have stated that these classes help reduce depression and help them be more social while getting the benefits of physical exercise. To join any of the classes below, or for more information, call (209) 525-4670.

- **Tai Ji Quan: Moving for Better Balance** focuses on fall prevention and helps improve strength and overall stability. These classes meet at the Stanislaus Veterans Center on Tuesdays and Thursdays from 2:30 P.M. - 3:30 P.M.
- **Line Dancing** is offered once a week to any older adult who is interested in improving cognition, muscle function and heart health. Classes meet for one hour on either Tuesday or Friday afternoons.
- **Young at Heart Strength Training** focuses on the full body and works on strength, balance and flexibility. It is an evidence based, practice tested intervention that has been shown to reduce the likelihood of falling. The class uses resistance tubes for upper body exercises and the overall goal is to keep the participants functioning and moving each day.
 - 14 community classes to choose from with a new Modesto class coming soon!

Online Using ZOOM

- Young at Heart Strength Training is available on Mondays and Wednesdays from 9:30 A.M. to 10:30 A.M. on ZOOM. All you need is a place to exercise, a sturdy chair without wheels and arms, and good sturdy shoes. Email healthy.aging2000@gmail.com to get started.

Self-Paced, On Your Own

- Young at Heart S.T.E.P.S. 12-week walking challenge starts on Monday, August 15th. Participants self-track their miles over the course of the challenge as they walk anywhere at any time.

The Healthy Aging Association mission is
“to help Older Americans to live longer, healthier,
more independent lives by promoting increased physical activity,
sound health, and nutrition practices”.

Created and Edited by: Healthy Aging Association
3500 Coffee Road, Suite 19, Modesto CA 95355 | (209) 525-4670
En español por favor llame (209) 525-4670

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



TOGETHER
TOWARD HEALTH

Thank you to Together Toward Health, a program of the Public Health Institute, through funding from a group of philanthropic organizations in California who have supported our local COVID-19 response efforts.