

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Booster Shots are 90% Effective

New studies from the CDC have shown how effective receiving the COVID-19 booster shots of the Pfizer and Moderna are at helping reduce the severity of the COVID-19 infection.

How effective are the boosters?

- 90% effective at reducing hospitalization from COVID-19 Omicron variant.
- 82% effective at preventing a visit to the emergency room or urgent care due to a COVID-19 infection.

In fact, older adults who are not vaccinated are 49 times more likely to be hospitalized with COVID-19 than those who are vaccinated and have received their booster shot.

In one study that was conducted between August 2021 and January 2022 with the Omicron variant, the vaccine effectiveness against hospitalizations dropped to 57% for those who received their second dose of the Pfizer or Moderna vaccine more than 6-months earlier. Those that received the booster vaccine had restored their protection to COVID-19 to 90%.

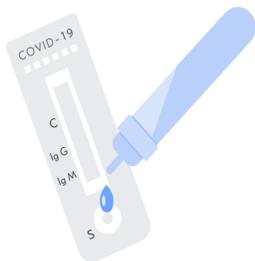
What does this mean here, in Stanislaus County? Stanislaus Public Health quoted that, “Residents in Stanislaus have been slower in getting COVID booster shots. About 40 percent of seniors 65-plus are boosted.”

Currently 99% of all COVID-19 infections are from the Omicron variant. We encourage all who are eligible to get a booster shot as soon as they are eligible; that is 5 months after a 2-dose series of Pfizer or Moderna and two months after the single does J&J.

Sources: <https://www.webmd.com/vaccines/covid-19-vaccine/news/20220124/booster-shots-effective-preventing-omicron-hospitalizations-cdc>, <https://www.modbee.com/news/coronavirus/article257701493.html>

Free COVID-19 At Home Test Kits

At home COVID-19 testing kits are free and now available! To get your home testing kit visit [covidtests.gov](https://www.covidtests.gov) and order yours today! If you pay for an at-home test kit, you can potentially be reimbursed from your insurance provider after January 15th.



Some other ways to get a home test kit:

- Call Healthy Aging Association at (209) 525-4670.
- Check with your local pharmacy for availability.

Source: <https://www.covidtests.gov/>

Tips on When and How to Use the at Home COVID Test Kits

You should use an at-home test kit 3-5 days after being exposed to someone with suspected or confirmed COVID-19 or if you are feeling any symptoms.

General COVID-19 at Home Test Kit Steps :

1. When using any at-home test kit make sure to read all of the instructions thoroughly.
2. Wash your hands before starting the test.
3. Set out the items of your test kit and be careful not to touch the swab end of the testing stick.
4. Proceed to follow all of the instruction on your specific test kit



If you test positive for COVID-19, you should isolate yourself for 10 days and wear a mask if you come into contact with others. You should contact your healthcare provider to inform them of your positive test results. If you start to have trouble breathing, seek emergency medical attention.

To order your test kit visit the California COVID-19 Task Force Website for information <https://testing.covid19.ca.gov/> or call Healthy Aging Association at (209) 525-4670.

Source: <https://www.mass.gov/doc/covid-19-self-test-instructions-english-full-color-12-23-2021/download>
<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

Feeling Depressed or Stressed Due to COVID?

Certain actions taken to fight COVID-19, such as social distancing, can lead you to feeling isolated and can increase your anxiety or stress levels. Luckily there are great ways to improve your mood that can be done in the comfort of your own home and are easy to do!

Ways to Cope with Stress:

- ★ Take deep breaths, stretch, or try meditation.
- ★ Make sure you are eating healthy, whole foods.
- ★ Exercise safely and regularly.
- ★ Try to get good quality sleep.



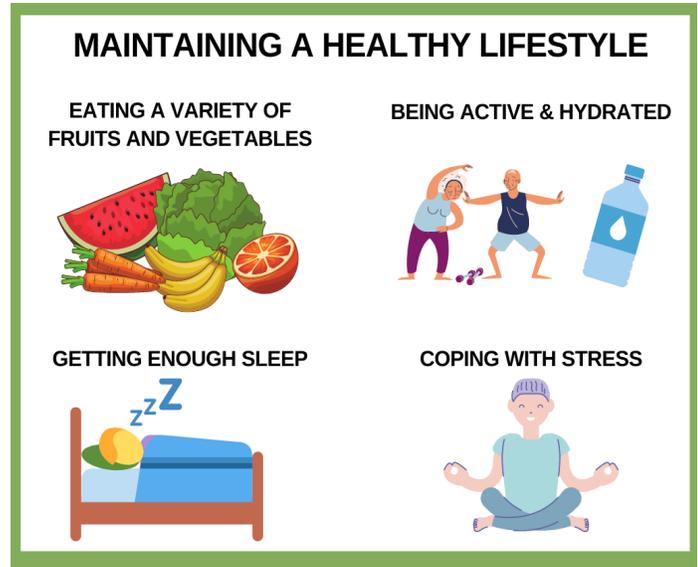
Try this breathing exercise!

1. Breath in through your nose for 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale through your mouth for 8 seconds.

Source: <https://www.cdc.gov/mentalhealth/stress- coping/cope-with-stress/index.html>

Healthy Lifestyle & COVID 19

Did you know that eating a healthy diet is very important during the COVID-19 pandemic. What you eat and drink can affect our body's ability to prevent, fight, and recover from infections. Adults with excess weight are at an even greater risk for COVID-19. Obesity may triple the risk of hospitalization due to COVID-19 infection due to impaired immune function and decreased lung capacity. A healthy and well balanced diet can help support your immune system and reduce the likelihood of developing many long term health problems.



Source: <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>

Having Difficulty Reaching A Vaccination Site?

Do you need transportation assistance? If you need a ride to your vaccination appointment, MOVE can help residents in Stanislaus County. Call MOVE Transportation to schedule your free Uber ride by dialing (209) 672-1143. If you live in Grayson, Patterson, or Newman call Catholic Charities at (209) 539-6112.

Do you have difficulties leaving the home? If you are an older adult who needs assistance from another person or uses crutches, a walker or wheelchair to leave your home, you can receive your vaccine in the comfort of your own home. Call Healthy Aging Association at (209) 525-4670 and ask for an outreach worker to assist you.

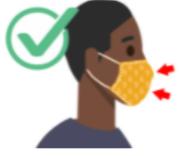
Senior Luncheon Sites Reopening

The Stanislaus County Area Agency on Aging has opened the majority of the Senior Community Centers for in-person dining. For a short time, a to-go meal option will be available for those that prefer to take their lunch home. These meals will be made fresh daily and will replace the previous frozen box meal program. Reservation is required at least one day in advance.

Seniors 60 or older that are interested in the Senior lunch program should call the **Senior Information Line at (209) 558-8698 for more details.** Eating healthy food leads to a healthier body and mind!



Your Guide to Properly Wearing a Mask



DO choose masks that:

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|--|
| Make sure your mask has 2 or more layers of washable, breathable fabric. |
| Completely cover your nose, mouth, and chin. |
| Fit snugly against the sides of your face and don't have gaps. |

DO NOT choose masks that:

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| Don't wear a mask made of fabric that makes it hard to breathe, for example vinyl. |
| Don't wear a mask with exhalation valves or vents which allow virus particles to escape. |
| It is not recommended to wear only a face shield, due to its unknown effectiveness. |

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Join Healthy Aging Association Staff and Volunteers in Masking Up!



Created and Edited by: Healthy Aging Association

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En español por favor llame (209) 525-4670

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



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