

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

We Have the Tools to Fight Omicron

Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a COVID-19 vaccine as soon as you can.

Wear a Mask

- Everyone 2 years or older who is not fully vaccinated should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings.
~ In areas with high numbers of COVID -19 cases, consider wearing a mask in crowded outdoor settings and for activities with others not vaccinated.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.
- If you are fully vaccinated, to maximize protection and prevent possibly spreading COVID-19 to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation.

Test to Prevent Spread to Others

- Testing can give you information about your risk of spreading COVID-19.
- You can choose from many different types of tests.
- Regardless of the test type you select, a positive test result means that you have an infection and should isolate and inform your close contacts to avoid spreading disease to others.
- Over-the-counter self-tests can be used at home or anywhere, are easy to use, and produce rapid results.

Source: Center for Disease Control and Prevention (CDC)

COVID-19 Risks and Vaccine Information for Older Adults

Risk Increases With Age

The risk for severe illness with COVID-19 increases with age, with older adults at highest risk.

- Preventive measures include getting vaccinated, wearing a mask, practicing physical distancing, and washing hands.

Increased Risk of Severe Illness from COVID-19

Older adults are more likely to get very sick from COVID-19. Getting very sick means that older adults with COVID-19 might need hospitalization, intensive care, or a ventilator to help them breathe, or they might even die. The risk increases for people in their 50s and increases in 60s, 70s, and 80s. People 85 and older are the most likely to get very sick. Center for Disease Control and Prevention (CDC)

Stanislaus County

The vaccination rate is 68 percent of adults aged 50 to 64 and 72 percent of seniors 65 and older that are immunized. *(Not included in these counts are vaccines provided for residents and staff of Long-term Care Facilities, such as skilled Nursing Facilities, and some directly provided quantities to hospital systems by the Federal Government).*

According to Mary Ann Lilly, managing director of the county Health Services Agency, public health efforts will focus more attention on COVID-19 prevention for adults older than 65, who are most vulnerable to hospitalization and death.

The older residents have the highest immunization and some of them are partly vaccinated, but approximately 15 percent still have not received any vaccine, Lilly said.

In a recent article in the Modesto Bee, 11/26/21, Kamlesh Kaur, Health Educator for Stanislaus County stated, “Stanislaus County is placing a new focus on COVID-19 Prevention in older populations. Kaur said local hospitals have been admitting COVID-19 seniors who have never been vaccinated.”

According to the Stanislaus County Dashboard COVID-19 Data as of 12/27/21, the number of COVID-19 deaths in Stanislaus County is 1,464 people. 71 percent of those deaths in Stanislaus County are individuals 65 years and older.

Stanislaus County to Align with CDC Isolation and Quarantine Guidance

The Centers for Disease Control and Prevention (CDC) has updated the Isolation and Quarantine guidance. This change is based on more current data, which shows that most COVID-19 spread happens in the 1-2 days before symptoms start and the 2-3 days afterward. The new guidance is as follows:

Revised Isolation Guidance (if you test positive for COVID-19, regardless of vaccination status):

- Stay home and isolate for at least five days.
 - If you have no symptoms or your symptoms have resolved, you may leave your home after five days if you are able to mask at all times to complete the 10-day isolation.
 - If you still have symptoms, stay home until your symptoms resolve.
- Following isolation, continue to wear a mask around others to complete the ten-day isolation time.

Revised Quarantine Guidance (if you were exposed to someone with COVID-19):

If you have been boosted, received your two doses of the Pfizer or Moderna vaccine within the last six months, OR received your J&J vaccine within the previous two months:

- Wear a mask around others for ten days.
- Get tested on day 5.
- If you develop symptoms, get tested and isolate.

Testing

Getting tested is one way to prevent the spread of COVID-19. The state has been sending thousands of rapid test kits to counties in hopes of keeping the Omicron variant from getting out of control in California. The antigen tests provide reliable results in 15 to 20 minutes and are a quick way to find out if a person is screening positive for COVID. The tests are free to the public and can be picked-up at these county libraries: Modesto, Ceres, Denair and Salida.

The major health care providers and pharmacies such as CVS and Rite Aid offer COVID-19 testing by appointment. Test results may be received in 24 – 48 hours.

For more information on testing sites, call (209) 525-4670 and ask for an Outreach Worker, or the Stanislaus Health Services has detailed information about COVID-19 testing at www.schsa.org.

Having Difficulty Reaching A Vaccination Site?

If you are an older adult/homebound who needs assistance from another person or uses crutches, a walker, or wheelchair to leave home, the Healthy Aging Association is here to help you in setting up a nurse to come into your home and give you your COVID-19 vaccine at no charge to you. Call the **Healthy Aging Association at (209) 525-4670** and ask for an Outreach Worker to help assist you in receiving your vaccine at home.



If you need a ride to your vaccine appointment, MOVE is helping residents in Stanislaus County to get their COVID-19 and Flu vaccines. **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) 593-6112.

Making Healthy Food Choices All Year Long

Healthy Aging Association will be offering online nutrition classes soon! These classes focus on how to plan well balanced meals, to learn simple strategies for eating healthily, and to participate in fun activities like food demonstrations. Join our Food Smarts class, offered from the comfort of your own home! Food Smarts meets for 5-weeks virtually and allows conversation amongst participants to share recipes, ask for cooking suggestions, and discuss various nutrition topics.

Our upcoming class if you are interested in joining:

- Fridays at 2:00 p.m. from January 14 - February 11

To register email healthy.aging2000@gmail.com or call Healthy Aging Assoc. at (209) 525-4670.



Let's Stay Active and Moving in the New Year

What better time to get active and stay active than in the new year! Healthy Aging Association has many ways for older adults 60 and better to stay healthy and moving. Finding an exercise class you enjoy makes you more likely to stick with it and keep coming.



Here are some classes Healthy Aging Association is currently offering:

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| <p>Tai Chi for Arthritis and Fall Prevention Call (209) 525-4670 for location address Tuesdays & Thursdays 9:00 am - 10:00 am <i>Vaccination Required at this location</i></p> | <p>Young at Heart Strength Training on Zoom Mondays & Wednesdays 9:30 am - 10:30 am <i>Exercise from the comfort of your home</i></p> |
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In-person classes are also being offered in Ceres, Grayson, Oakdale, Riverbank, and more locations coming soon to Modesto! Find an in-person location nearest you; please call Healthy Aging Association at (209) 525-4670 to get moving today!

Source: <http://www.healthyagingassociation.org/young-at-heart.html>

Feel Like You Might Fall at Home?

If you have a fear of falling in your home and want to keep your independence, the **Dignity At Home - Fall Prevention Program** could be the solution you are looking for. Get fall prevention accessories installed in your home at no cost to you. **We are taking referrals now!**



Please call the Area Agency on Aging at (209) 558-8698 to start the process.

Some Qualifications include:

1. Age 60 or older
2. Have a risk or fear of falling
3. Meet our income requirements



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



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