Last week, the State of California aligned its COVID-19 mask policy with current CDC guidance. State and County mask guidance for the general public now point to CDC’s COVID-19 Community Level mask recommendations. Masks remain required in California health care settings and long-term care facilities, where many people are at higher risk of severe COVID-19 outcomes. Watch a Masking Update from Alameda County Health Officer Dr. Nicholas Moss.

The State no longer requires masks in other congregate residential settings, unless there is an outbreak or when a County moves to Medium or High COVID-19 Community Levels. Workers and residents in those settings can choose to mask and employers can require masking. In workplaces, employers are also subject to Cal/OSHA COVID-19 Emergency Temporary Standards or the Aerosol Transmissible Diseases Standard. Alameda County-operated facilities continue to be covered by the County of Alameda’s masking policies.

The Health Care Services Agency reminds residents that COVID-19 is still with us, and the virus is circulating in Alameda County. Based on your and your household’s risk, you may want to continue masking even when the County COVID-19 Community Level is Low. See Tips for Protections Against COVID-19.

**COVID-19 Treatment Is Free and Available**

We remind residents that safe, effective treatment for people who just tested positive for COVID-19 is free and accessible through health care providers or state resources that are available to everyone regardless of insurance status. Residents should make a plan for how they may access treatment if they test positive for COVID-19 and learn about treatment options now. Treatment may be accessed through:

- A health care provider
State-supported Test-to-Treat locations, operated by Optum Serve
State-supported COVID-19 Telemedicine phone line 833-686-5051 and website, operated by Sesame Care. Patients can go online 24/7 to make appointments. Most appointments are available from 7 a.m. - 7 p.m. every day of the week. Additional after hours appointments may be available.

If a resident needs help understanding their options or hasn't heard from their doctor, they can utilize one of the State-supported options or contact the Alameda County COVID-19 Community Support Team: 510-268-2101, Monday-Friday, 8:30 a.m. - 5 p.m.

Treatment in pill form (Paxlovid) must be taken within 5 days of symptoms starting so residents should not wait until symptoms get worse.

### Flu Shots Are Recommended for Everyone 6 months+

Starting October 4th through December 16th, Alameda County school-based clinics will offer both flu and COVID-19 vaccinations. We are working with school districts that we partnered with on COVID-19 vaccination for children ages 5 and older. Vaccinations will be available to students and their families, as well as school staff.

Updated booster and flu vaccination appointments are also available through health care providers, major pharmacies, or [https://myturn.ca.gov/](https://myturn.ca.gov/). Flu and COVID-19 vaccines can be safely given during the same appointment.

### Recipe4Health’s Chief Medical Officer Speaks at the White House Conference on Hunger, Health and Nutrition

Dr. Steven Chen, Chief Medical Officer at [Recipe4Health](https://www.recipe4health.org/), presented at the White House Conference on Hunger, Health and Nutrition, highlighting the importance of addressing social drivers of health by prescribing patients with nutrient-rich food as a tool for prevention, reversal, or management of certain health conditions. Dr. Chen shared more on Recipe4Health’s equitable approach to ending hunger, reducing diet-related disease and closing disparities in the most impacted communities.

Recipe4Health, a “Food as Medicine” program was added to CalAIM’s Community Support program this month. Recipe4Health seeks to improve physical and behavioral health and well-being for patients by transforming the health care system’s capacity to address food insecurity.

Individuals with chronic health conditions, high-risk perinatal conditions, individuals being discharged from a hospital or skilled nursing facility, or individuals with extensive care coordination needs may qualify to receive two (2) meals per day and/or medically-supportive food and nutrition services for up to 12 weeks, or longer if medically necessary.
CalAIM beneficiaries can enroll in this service or other CalAIM programs by 1-800-407-4627 for Anthem Blue Cross members and 1-877-932-2738 or 1-800-735-2929 for Alameda Alliance for Health members.

## Tips for Protection Against COVID-19

- Get vaccinated and boosted – vaccination is the single most important action to prevent severe disease and death from COVID-19.
- You can choose to wear a mask, especially if you answer yes to any of the following:
  - Are you over age 65 or have health issues that puts you at risk for a severe case of COVID-19?
  - Are you missing one or more of your COVID-19 vaccine doses?
  - Do you live/visit with people at risk of going to the hospital if they get COVID-19?
  - Do you go to work or interact with the public regularly?
  - Are cases High where you live, in your social group, or where you are going?
  - Do you feel safer with a mask?
- Layer your protection — in addition to vaccination and masking, improve ventilation (or gather outdoors), get tested if exposed or ill, and stay home if sick.
- Talk to your health care provider if you are immunocompromised or have other health risks.

## COVID-19 Vaccine Locations and Resources

Updated COVID-19 boosters are available at Weekes Community Center, 27182 Patrick Ave, Hayward on Saturdays: 10:00 a.m. - 2:00 p.m.

Find more COVID-19 vaccine and testing locations on our website. Additional resources on our COVID-19 website include a ventilation interactive tool, guidance for isolation and quarantine, mask and face coverings, workplace recovery, and community resources.

## COVID-19 Epidemic Data Points

- 10.4 cases per 100,000 for the total population
- 5.5% test positivity in the general population; 4.3% in low-income areas
- 80 hospitalized, 5 in ICU

Please visit our dashboard for more data on COVID-19.
California Launches Abortion Access Website

This new website provides current and accurate information about accessing abortion services throughout the state. The website, abortion.ca.gov, is intended to serve people in- and out-of-state with information about their legal rights, where to find providers, how to pay for services and financial assistance, ways to locate wellness and emotional support, and more.