



AGENCY UPDATE

Public Health - Emergency Medical Services - Behavioral Health - Environmental Health
Homeless Care & Coordination - HealthPAC - Center for Healthy Schools & Communities

Week of December 19, 2022



Please share with your networks

We hope you and your loved ones enjoy the remainder of the gathering season. To keep yourself and others healthy as winter viruses circulate, this week's newsletter is focused on tips and resources. We wish you rest and rejuvenation. Thank you for everything you do to keep our communities healthy and safe, and we'll see you in 2023.

We appreciate your continued readership. Please share with your networks.



COVID-19, Flu, and other Winter Viruses Health Reminders



Wear a [mask](#) to add a layer of protection against viruses spreading in our communities. An effective mask, like an N95, KN95, and KN94, offers better **fit** and **filtration**.

[Stay home](#) if you are sick and test for COVID-19 if exposed, and before and after gatherings.

[Wash your hands](#) often with soap and warm water for at least 20 seconds. This is one of the easiest and most effective ways to prevent the spread of germs.

[Cover your cough](#) or sneeze into your elbow, arm, or a disposable tissue. Don't forget to wash or sanitize your hands and dispose of the tissue afterward.

[Stay up-to-date](#) with your vaccines, including getting an updated (bivalent) COVID-19 booster.

[Top 5 Tips to Prevent Winter Viruses](#)

[Improve Ventilation in Your Home](#)

Tips for Caring for Children this Winter Virus Season

As a parent or guardian, it's important to be aware of [prevention methods](#) to protect your child from winter viruses. [Dr. Erica Pan](#), California State Epidemiologist and California Department of Public Health (CDPH)

Deputy Director for Infectious Diseases said, "As a pediatrician who specializes in infections and a parent, it is concerning to see the rise in RSV and flu in babies, young children, and our elderly population. It is crucial we are aware of prevention methods, how to care for our loved ones at home, and what symptoms to be aware of," so parents know [when to seek care from a health care provider for their child](#).



[Guidance for School-Aged Children from Dr. Joanna Locke, Alameda County COVID-19 Clinical Guidance Lead](#) (video series)
[Test Your Child at Home as They Return from Break](#)
[Guidance for Child Care Providers and Programs](#)

Flu Testing Available at State-Supported COVID-19 Test Sites



California has expanded its no-cost testing program, and people who are showing signs of illness can now test at the state's COVID-19 [testing sites](#) for COVID-19 and flu. A positive flu test can help patients work with their medical provider to determine appropriate steps to alleviate symptoms and whether they need to take antiviral medication.

[Flu shots are the best protection](#) against becoming seriously ill from flu. A flu shot is recommended every year because protection weakens over time and different strains of the vaccine change yearly. [Flu](#) and [COVID-19 vaccines](#) can be given at the same time.

COVID-19 Test Kits

Every home in the U.S. is eligible to order another round of free at-home, rapid COVID-19 tests. [Order your free tests](#) now to be ready if you are exposed or sick. Find community testing locations on [our website](#).

COVID-19 Treatments Are Free, Widely Available but Underutilized

As we face rising COVID-19 cases and hospitalizations, State Public Health Officer and CDPH Director Dr. Tomás J. Aragón reminds the public that COVID-19 treatments are free and widely available.

It's important for people who test positive for COVID-19 to immediately contact a health care provider since [treatments](#) must start within the first five to seven days after symptoms begin. Most treatments are pills that can be taken at home, such as Paxlovid, and can reduce the risk of hospitalization or death.

Three ways to get treatment include:

- If you have insurance, contact your doctor, urgent care center or visit a [Test-to-Treat location](#). Some pharmacies can also prescribe COVID-19 treatments.
- If you don't have insurance or cannot reach a provider within 24 hours, visit [Sesame Care](#) or call 833-686-5051 to make a free phone or video appointment.
- If you need help finding treatment, call our Community Support Team: 510-268-2101.

Updated COVID-19 Vaccine

The [updated \(bivalent\)](#) COVID-19 vaccines are now available for children as young as 6 months, and the Centers for Disease Control and Prevention (CDC) now recommends [updated](#) vaccines for everyone 6 months and older. Children 6 months through 5 years of age who received two doses of the original (monovalent) Pfizer or Moderna COVID-19 vaccines for their primary vaccination series should get an updated dose at least 2 months after their second dose. The best place for young children to be vaccinated is at their pediatrician's office. Find a community vaccination clinic on [our website](#) or call (510) 268-2101 to learn about in-home vaccination.



COVID-19 Vaccine Locations and Resources

Free COVID-19 Vaccine

Weekes Community Center
27182 Patrick Avenue, Hayward, CA 94544
Close to W Tennessee Road | ADA Accessible

Saturdays: 10:00 AM - 2:00 PM

UPDATED BOOSTERS (5+) AND FLU VACCINES (6 MONTHS+) NOW AVAILABLE!

VACCINES
Pfizer (5+)
Moderna (5+)
Novavax (12+)
Flu (6 Months+)

**Walk-ins Welcome
Appointments Encouraged**

NO identification (ID) required

Safe Effective Free

APPOINTMENTS
Call 510-268-2101
Text VAX to 855-315-1373
alamedacountyvax.org

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT
@alamedaPHD

NAACP

Updated COVID-19 boosters and flu vaccine are available at **Weekes Community Center**, 27182 Patrick Ave, Hayward on Saturdays: 10:00 a.m. - 2:00 p.m. **Closed on 12/24 and 12/31.**

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

- 22 cases per 100,000 for the total population*
- 11.6% test positivity in the general population; 10.7% in low-income areas
- 174 hospitalized, 22 in ICU

*Up from 7.7 per 100,000 in mid-October

Please visit our [dashboard](#) for more data on COVID-19.

Winter Travel

Keep you and your loved ones safe this holiday travel season. Before packing your bags, check booster eligibility, test, stay home if you're sick, and wear a mask in crowded indoor settings when in a location with higher [CDC COVID-19 Community Levels](#). Check the [CDC's website for information about traveling](#).





public and the Health Care Services Agency, including case managers, social workers, and nurses helping clients. CST responds to COVID-19 and Mpox (flu and RSV more recently) related inquiries with resources and information, including:

- COVID-19/flu vaccination appointments (where COVID-19 and flu vaccinations are available together): Call 510-268-2101 or go [online](#).
- COVID-19 home vaccination registration: Priority is given to residents from high need zip codes: 94601, 94603, 94605, 94606, 94607, 94621, 94541, 94544, 94545, 94577, 94578, 94580, 94560; Call 510-268-2101 or go [online](#).
- Navigating COVID-19 treatment resources.
- Links health insurance, COVID-19 Isolation and Quarantine Hotel, home antigen test kits and PPE, financial assistance, food, etc.

Community Support Line: (510) 268-2101; ncov@acgov.org

Connect with a Crisis Counselor

The holidays can be a joyful time of the year for many, but they can also be stressful and challenging for individuals impacted by mental illness. If you or a loved one is in need of crisis support, call or text 988 or chat at 988lifeline.org. 988 serves as a universal entry point so that no matter where you live in the country, you can connect with locally trained crisis counselors who can help.

There is hope.
Call 988 if you are in crisis.



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY

Take the Mental Health Services Act Survey

Help shape the future of mental health
services in Alameda County



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
BEHAVIORAL HEALTH DEPARTMENT

With the new year quickly approaching, we invite you to complete the Behavioral Health Care Service's Mental Health Services Act [survey](#). Your feedback can help shape the future of mental health services and resources offered in Alameda County. The survey is available in English, Spanish and Traditional Chinese through January 31, 2023.

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Website

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