Help Prevent the Spread of COVID-19

In response to rising COVID-19 cases and hospitalization trends throughout the U.S., combined with easing public health restrictions for travel and upcoming holidays leading to larger gatherings, the OC Health Care Agency strongly advises Orange County residents and visitors to take preventative measures to reduce their risk of getting sick or hospitalized from COVID-19.

Help prevent the spread of COVID-19 by:

- Staying home if you feel sick

- Getting an [FDA-authorized COVID-19 test](#) if you experience symptoms or exposure

- Wearing a mask in crowded indoor spaces and as required or recommended by State and CDC guidance

- Getting all recommended primary and booster doses of the COVID-19 vaccine when you are eligible

- Washing and sanitizing hands frequently

- Keeping a safe physical distance from others to reduce exposure

- Increasing indoor ventilation by opening doors and windows to reduce trapped virus particles

- Following the State's [isolation and quarantine guidance](#) if you test positive for or are exposed to someone with COVID-19

Should I Get Treatment for COVID-19?

Residents or visitors with mild to moderate COVID-19 who are at risk for disease progression are encouraged to talk to a healthcare provider about whether they qualify for treatment and where they may be able to find treatment. Additionally, individuals who are moderately to severely immunocompromised and may have inadequate immune response to COVID-19 vaccination may seek pre-exposure prophylaxis with Evusheld.

For more information about medical conditions that can lead to more severe COVID-19 illness, click here.

For more information on COVID-19 outpatient therapeutics that are currently available for treatment, click here.
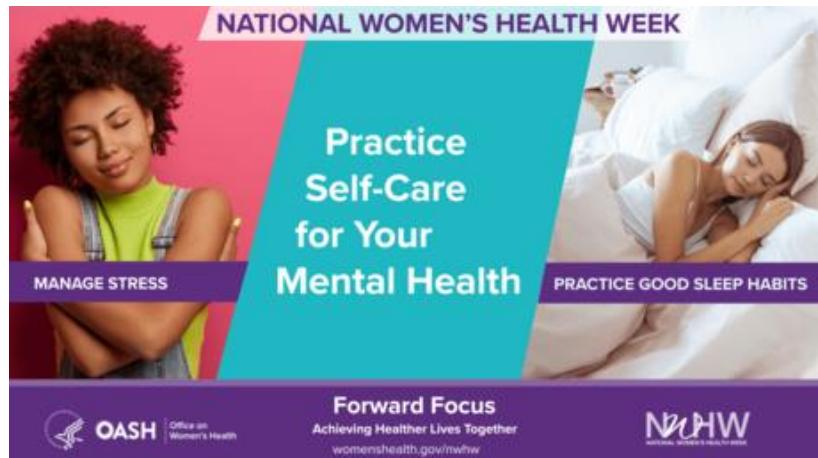
Let's Talk About Women & Mental Health!
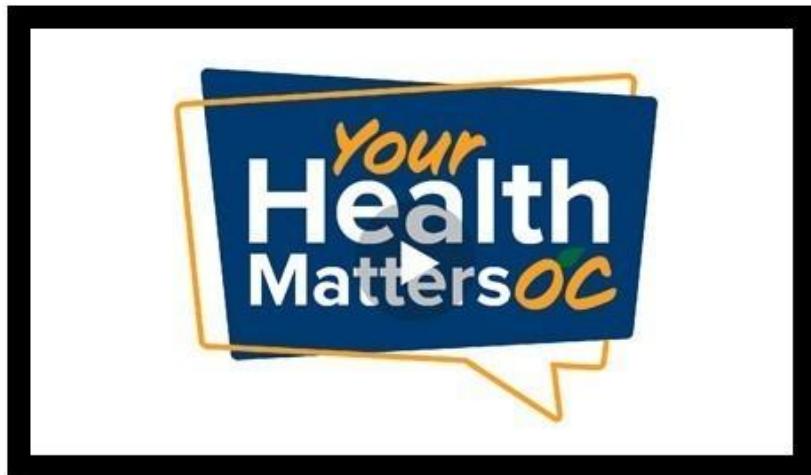
In honor of National Women's Health Week (May 8-14), let's celebrate the importance of "Women and Mental Health"! Watch "Your Health Matters OC," on **Tuesday, May 17 from 6-7 p.m.** as we explore a variety of topics on women's health and phases in their health journey.

Join healthcare professionals at the OC Health Care Agency for a COVID-19 update followed by an important conversation about women and mental health, which may cover topics from suicide in young women, addiction issues, and mental health during reproductive years, to premenstrual dysphoric disorder (PMDD) during menopausal years, domestic violence and Alzheimer's.

If you have questions for the next episode, email them in advance or during the show to yourhealthmatters@ochca.com!

You can watch the show by visiting our Facebook page or on YouTube by clicking below:

# Am I Eligible for a Second COVID-19 Booster Shot?
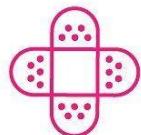
The CDC has updated vaccine guidance to expand eligibility for a second booster dose of Moderna (SpikeVax) and Pfizer (Comirnaty) vaccine to be administered at least 4 months after the first booster dose for the following individuals:

- Everyone ages 50 years and older

- People ages 12-49 years who are moderately or severely immunocompromised

- People ages 18-49 years who received the Janssen (Johnson & Johnson) vaccine for their primary series and booster dose
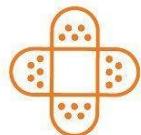
Dosage for the second booster will be the same as the first booster.

For more guidance on boosters from the CDC, click here.
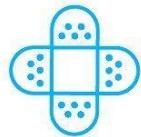
ADDITIONAL **PFIZER OR MODERNA BOOSTERS** NOW AVAILABLE FOR:

EVERYBODY 50+

IMMUNOCOMPROMISED PEOPLE 12+

J&J BOOSTER RECIPIENTS

MyTurn.ca.gov | 833-422-4255   CDPH California Department of Public Health   My Turn

When Should I Quarantine or Isolate?

Want to know when you can safely leave home if you tested positive for COVID-19 or what to do when you find out a close contact has COVID-19? Visit ochealthinfo.com/covid to use the new Quarantine and Isolation (Q&I) Calculator from the Centers for Disease Control and Prevention (CDC).

Please note the following:

The California Department of Public Health recently updated state quarantine guidance - click here for details.
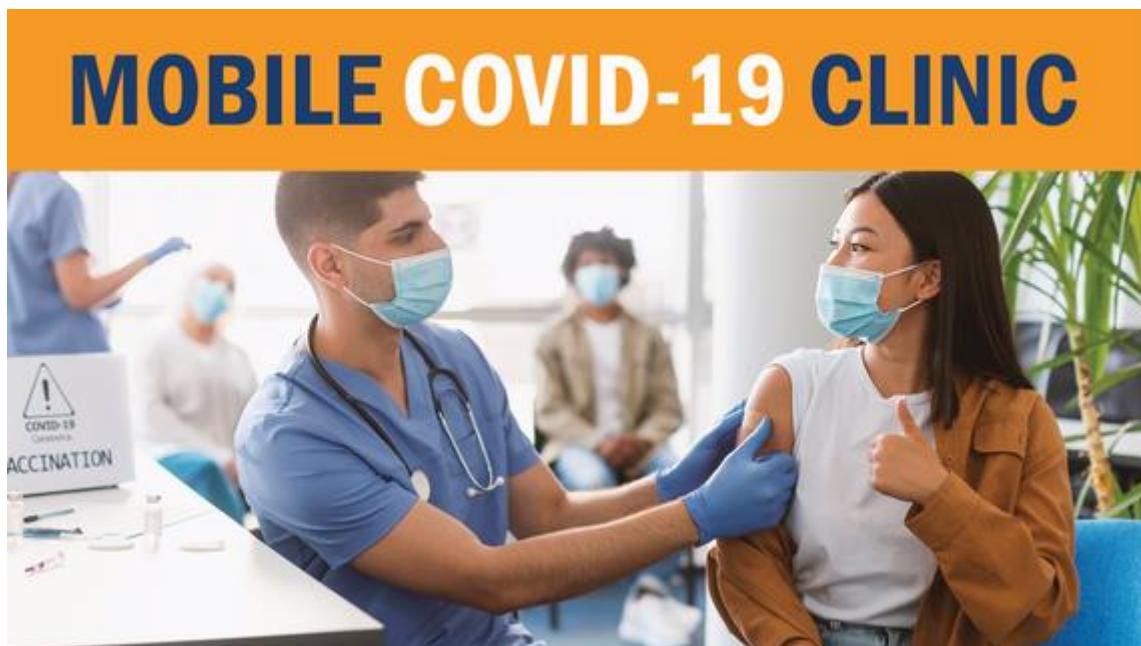
The Q&I calculator is not for people with COVID-19 who are moderately or severely ill or those who have a weakened immune system (immunocompromised)—they should talk to their doctor about when to end isolation.

This tool also does not apply to cases and close contacts identified in certain settings. Parents with children in K-12 schools or early care and education (ECE) programs should consult the program administrator for specific isolation and quarantine guidance in their school or ECE setting. For information about isolation and quarantine in high-risk congregate settings and healthcare settings, refer to COVID-19 Quarantine and Isolation.

Where Can I Get a COVID-19 Vaccine?

You can find a COVID-19 vaccine by visiting your local pharmacy or healthcare provider, search online at Vaccines.gov or MyTurn.ca.gov, or schedule an appointment at an OC Health Care Agency mobile clinic listed at Othena.com. Walk-ins are also welcome.

Vaccinations are also available for anyone who is homebound, and transportation services are available for anyone who needs a ride to a vaccination site. If you need help scheduling a vaccination appointment, call the OC COVID-19 Hotline at (714) 834-2000.

Where Can I Get a COVID-19 Test?

Testing continues to be a critical component in reducing viral transmission by supporting early detection of COVID-19 and containment of the disease. If you need to get tested for COVID-19, there are many ways to do so:

- Ask your healthcare provider, visit a nearby retail pharmacy or check with a local community organization or church

- Search for testing sites at myturn.ca.gov/testing, sick.org/oc, or covidclinic.org

- Call Latino Health Access at (714) 805-7838

- Order 4 free at-home tests at covidtests.gov

- Order a saliva or nostril self-collection test kit at ochealthinfo.com/covidtest

If you are ordering test kits online, please be patient as test kits may be delayed beyond the usual processing time due to high demand for COVID-19 testing throughout the U.S.

Visit ochealthinfo.com/covidtest for ways to get a COVID-19 test

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