

March 11, 2022



## Join Us for "Your Health Matters OC"!

Did you miss the latest episode of the OC Health Care Agency's talk show, "Your Health Matters OC"? Your Health Matters OC is a bi-weekly talk show featuring health care professionals discussing various health topics that impact our community.

In Episode #2, Dr. Clayton Chau, Dr. Regina Chinsio-Kwong and Licensed Clinical Social Worker Rachael Ferraiolo talk about the impact of COVID-19 on mental health. To view the episode, click below:



Your Health Matters OC airs every other Tuesday on the HCA's [Facebook](#) and [YouTube](#) pages. Be sure to join us for the next episode on **Tuesday, March 22 at 6 p.m.** Viewers are welcome to email questions in advance or during the show to [yourhealthmatters@ochca.com](mailto:yourhealthmatters@ochca.com).

## If I Have a Weakened Immune System, How Many Doses of COVID-19 Vaccine Should I Receive?

According to the Centers for Disease Control and Prevention:

Children ages 5-11 with weakened immune systems should get a total of 3 doses of Pfizer (Pediatric) COVID-19 vaccine. They should get their 3rd dose at least 4 weeks after their 2nd dose. At this time, booster doses are not recommended for this age group.

**DO YOU HAVE A CHILD AGES 5-11 YEARS WHO HAS A WEAKENED IMMUNE SYSTEM?**

MAKE SURE TO GET ALL RECOMMENDED COVID-19 VACCINES

**1ST DOSE ✓ + 2ND DOSE ✓ + 3RD DOSE ✓ = 3**

Anyone ages 5-11 years old who is moderately to severely immunocompromised needs 3 doses of COVID-19 vaccine to complete their primary series.

**FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)**



People ages 12 years and older with weakened immune systems who received the Pfizer (Comirnaty) vaccine, and people ages 18 years and older who received the Pfizer (Comirnaty) or Moderna (SpikeVax) vaccine, should get 4 doses of COVID-19 vaccine – 3 doses for the primary series plus a booster.

# ARE YOU 12 YEARS OR OLDER AND HAVE A WEAKENED IMMUNE SYSTEM?

MAKE SURE TO GET ALL RECOMMENDED  
COVID-19 VACCINES



PRIMARY SERIES

+ 1 BOOSTER = 4 ✓

FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



If you have questions, please talk to your healthcare provider. For more information, click here: [COVID-19 Vaccines for Moderately or Severely Immunocompromised People](#)

---

## State Strongly Recommends Masking in Most Indoor Settings

After March 11, the universal masking requirement for K-12 and Childcare settings will end. The California Department of Public Health (CDPH) strongly recommends that individuals in these settings continue to mask in indoor settings when the universal masking requirement lifts. You can find more information on “Upcoming Changes to the CDPH K-12 Guidance” at [schools.covid19.ca.gov](https://schools.covid19.ca.gov).

As of March 1, masks are no longer required for unvaccinated individuals, but are strongly recommended for all individuals in most indoor settings. Masks are still required for everyone in high transmission settings such as public transit, emergency shelters, health care settings, correctional facilities, homeless shelters and long-term care facilities.

## Masks are still required for everyone in these public settings:

<b>PUBLIC TRANSIT</b>	<b>HEALTH CARE SETTINGS</b>
<b>EMERGENCY SHELTERS</b>	<b>CORRECTIONAL FACILITIES</b>
<b>HOMELESS SHELTERS</b>	<b>LONG-TERM CARE FACILITIES</b>

For the State's full guidance on masking, click on the following link: [Guidance for the Use of Face Masks](#)

## Can I Receive a COVID-19 If I Am Pregnant?

According to the Centers for Disease Control and Prevention, if you are pregnant or were recently pregnant, you're more likely to get severely ill from COVID-19. Also, if

you have COVID-19 during pregnancy, you are more likely to have pregnancy complications that can impact you or your developing baby.

COVID-19 vaccines help protect people who are pregnant or would like to become pregnant from severe illness from COVID-19. If you are pregnant, breastfeeding, or trying to become pregnant, you should receive all recommended COVID-19 doses, including a booster when eligible.

Learn more about the importance of COVID-19 vaccination for pregnant people by clicking here: [COVID-19 Vaccines While Pregnant or Breastfeeding](#)



## 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 one of the mobile vaccine clinics listed below at [Othena.com](https://www.othena.com). Walk-ins are also welcome.

# MOBILE COVID-19 VACCINE CLINIC

## Clínica De Vacunas COVID-19 | Chích Ngừa COVID-19 Lưu Động

Based on eligibility requirements, vaccines are available for first dose, second dose, third dose, boosters, and pediatrics (5+).



<b>Orange Coast College Ronnenberg Center</b>	<b>SSA Central Regional Office</b>	<b>St. Anthony Claret Catholic Church</b>
<b>2701 Fairview Rd. Costa Mesa, CA 92626</b>	<b>2020 W. Walnut St. Santa Ana, CA 92703</b>	<b>1450 E. La Palma Ave. Anaheim, CA 92805</b>
Mondays 8:30 a.m. - 12:30 p.m. Thursdays 3 p.m. - 7 p.m. Saturdays 9 a.m. - 1 p.m.	Mondays 10 a.m. - 6 p.m. Thursdays 10 a.m. - 6 p.m.	Tuesdays 10 a.m. - 6 p.m. Wednesdays 8 a.m. - 3 p.m. Fridays 11 a.m. - 7 p.m.
<b>Latino Health Access BLDG</b>	<b>Golden West College BLDG 95 (MPR 100)</b>	
<b>450 W. 4th St., Ste 120 Santa Ana, CA 92701</b>	<b>15751 Gothard St. Huntington Beach, CA 92647</b>	
Mondays 2:30 p.m. - 8 p.m.	Saturdays 9 a.m. - 1 p.m.	

Effective Date: March 7, 2022 / Photo ID is required.



To schedule an appointment, or arrange for transportation, call:  
Para programar una cita, llame:  
Nếu muốn lấy hẹn, xin gọi:

**714.834.2000**  
or Visit [www.othena.com](https://www.othena.com)

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](https://myturn.ca.gov/testing), [sick.org/oc](https://sick.org/oc), or [covidclinic.org](https://covidclinic.org)
- Call Latino Health Access at (714) 805-7838
- Order 4 free at-home tests at [covidtests.gov](https://covidtests.gov)
- Order a saliva or nostril self-collection test kit at [ohealthinfo.com/covidtest](https://ohealthinfo.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 [ohealthinfo.com/covidtest](https://ohealthinfo.com/covidtest)  
for ways to get a COVID-19 test

---

Follow OC Health Care Agency on  
Facebook

Follow OC Health Care Agency on  
Twitter

Sign up for weekly emails on  
COVID-19 Health News

Sign up for OC Health Care  
Agency press releases

