Let's Talk About Nursing!

Let's celebrate the amazing nurses in our community for National Nurses Month! Watch "Your Health Matters OC" on **Tuesday, May 3** from **6-7 p.m.** as we provide a COVID-19 update and honor our nurses and explore the breadth, depth and complexity of nursing services at the OC Health Care Agency.

Join the conversation as Dr. Clayton Chau, HCA Director, and Dr. Regina Chinsio-Kwong, Chief Medical Director and County Health Officer, sits down with Jennifer Sarin, Chief Nursing Officer, and Larry Pritchett, Public Health Nurse, for an important conversation about professional nursing, educational and career paths and the wide variety of scopes of practice in the nursing field.

Join us on Facebook at facebook.com/ochealthinfo or clicking below:

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

## 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:
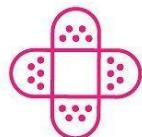
EVERYBODY 50+
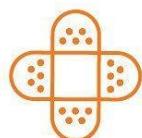
IMMUNOCOMPROMISED PEOPLE 12+
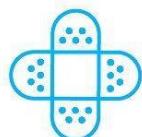
J&J BOOSTER RECIPIENTS

MyTurn.ca.gov | 833-422-4255

CDPH California Department of Public Health

My Turn

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.

State Issues Updated Masking Guidance

To help prevent the spread of droplets containing COVID-19, all County residents and visitors are strongly recommended to wear face coverings in accordance with and as required by the Guidance for the Use of Face Coverings issued by the California Department of Public Health. For their latest guidance, click here.

California strongly recommends masks on all public transportation and in transit hubs, including bus and train stations, ferry terminals, and airports.

CDPH

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.
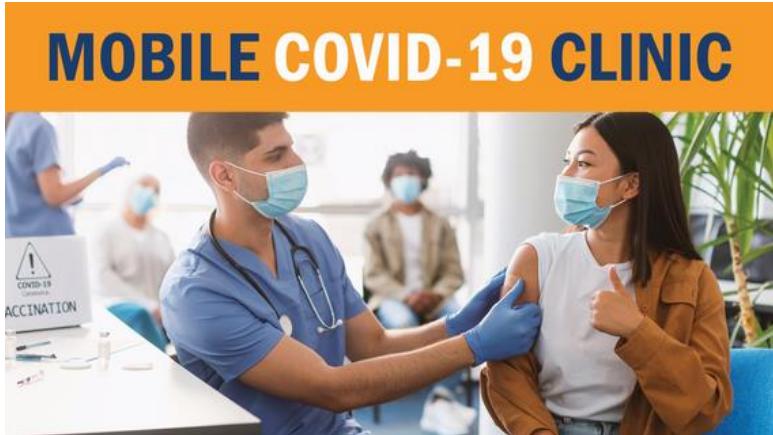
Where Can I Get a COVID-19 Test?

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.

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