

May 6, 2022



Let's Talk About Nursing!

Did you miss the latest episode of the OC Health Care Agency's (HCA) 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 #6, HCA experts provide a COVID-19 update and engage in an important conversation about professional nursing, educational and career paths and the wide variety of scopes of practice in the nursing field. To view the episode, click 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?

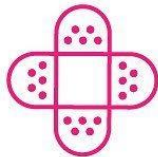
The CDC has updated vaccine guidance to expand eligibility for a second booster dose of Moderna (SpikeVax) and Pfizer (Comirnaty) vaccine to be administered at least 4 months after the first booster dose for the following individuals:

- 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

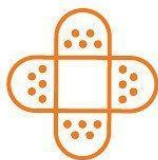
Dosage for the second booster will be the same as the first booster.

For more guidance on boosters from the CDC, click [here](#).

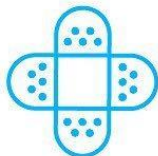
**ADDITIONAL PFIZER OR MODERNA
BOOSTERS NOW AVAILABLE FOR:**



EVERYBODY 50+



**IMMUNOCOMPROMISED
PEOPLE 12+**



J&J BOOSTER RECIPIENTS

MyTurn.ca.gov | 833-422-4255



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](#).

DON'T DELAY: TEST SOON AND TREAT EARLY

| COVID-19 |

If you are at high risk of getting very sick from COVID-19, and test positive, treatment may be available.



Get tested as soon as possible after your symptoms start.

Contact your healthcare provider right away if your result is positive.



Don't delay. Treatment must be started early to work.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

State Issues Updated Masking Guidance

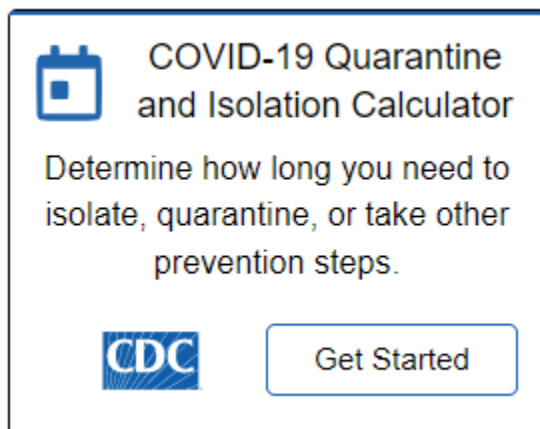
To help prevent the spread of droplets containing COVID-19, all County residents and visitors are strongly recommended to wear face coverings in accordance with and as required by the Guidance for the Use of Face Coverings issued by the California Department of Public Health. For their latest guidance,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



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

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](https://vaccines.gov) or [MyTurn.ca.gov](https://myturn.ca.gov), or schedule an appointment at an OC Health Care Agency mobile clinic listed at [Othena.com](https://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.

MOBILE COVID-19 CLINIC



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 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
for ways to get a COVID-19 test

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