

March 25, 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 #3, OC Health Care Agency Director Dr. Clayton Chau, County Health Officer Dr. Regina Chinsio-Kwong and Gastroenterologist Dr. Patrick Koo discuss colorectal cancer and the importance of gastroenterology screenings. 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, April 5 at 6 p.m. Viewers are welcome to email questions in advance or during the show to [yourhealthmatters@ochca.com](mailto:yourhealthmatters@ochca.com).

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## Mobile COVID-19 Clinics for Vaccines & Test Kits

The U.S. Department of Health and Human Services has issued a cutoff date for accepting claims for those without insurance for COVID testing (March 22), and for COVID vaccines (April 5).

After March 22, uninsured individuals seeking a COVID-19 vaccine or test are advised to visit [ohealthinfo.com/covid](https://ohealthinfo.com/covid) for more information on services available through the OC Health Care Agency (HCA).

Below is the current schedule for mobile COVID-19 clinics for vaccines and test kits available through the HCA - schedule an appointment at [Othena.com](https://Othena.com) or calling (714) 834-2000. Walk-ins are also welcome.

# MOBILE COVID-19 CLINIC

## Vaccines and Test Kits

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.	Mondays 10 a.m. - 6 p.m.	Tuesdays 10 a.m. - 6 p.m.
Thursdays 3 p.m. - 7 p.m.	Thursdays 10 a.m. - 6 p.m.	Wednesdays 8 a.m. - 3 p.m.
Saturdays 9 a.m. - 1 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.	

Photo ID required. Effective Date: March 18, 2022: Clinic information is subject to change, please visit [Othena.com](https://Othena.com) for details.

**ochealth** CARE AGENCY  To schedule an appointment, or arrange for transportation, call: **714.834.2000**  
Para programar una cita, llame: **714.834.2000**  
Nếu muốn lấy hẹn, xin gọi: **714.834.2000**  
or Visit [www.Othena.com](https://www.Othena.com)

# Stay Up to Date on Boosters and Additional Doses!

To maximize their immunity against severe infection, everyone ages 5 and older should get their primary series of COVID-19 vaccines, receive an additional dose if they are immunocompromised (have a weakened immune system), and receive a booster dose when eligible.

The OC Health Care Agency has an infographic to help you understand the difference between a booster and an additional dose.\* Click here to view and download the information: [Boosters and Additional Doses](#)

**\*There is currently no recommendation for a fourth additional dose for people who are immunocompromised or a second booster dose at this time.**



OC  
health  
CARE AGENCY

For more information about the booster vaccine, use the QR code below:



For more information about the additional dose for immunocompromised individuals, use the QR code below:



For more information on where to find a COVID-19 vaccine, visit COVIDVaccineFacts.com or click the QR code:



BOOSTERS and ADDITIONAL DOSES

### BOOSTER SHOT

Everyone ages 12 years and older should get a COVID-19 booster shot. Over time, the immunity from your initial COVID-19 vaccines can decrease a little. The booster shot helps to "boost" your immune response to restore and enhance protection against COVID-19. Eligible individuals may choose the vaccine type that they originally received or choose a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots; however, the Pfizer or Moderna vaccines are preferred in most situations.

**Pfizer and Moderna**

  
1<sup>st</sup>  
DOSE

21 days (Pfizer)  
or  
28 days (Moderna)

  
2<sup>nd</sup>  
DOSE

at least 5 months

  
BOOSTER\*

COVID-19 vaccine booster shots are recommended for vaccine recipients who completed their initial series at least 5 months ago and who are at least 12 years or older. (Individuals ages 12-17 years should receive a Pfizer booster dose at least 5 months after completing their initial series.)

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**Johnson & Johnson (Janssen)**

  
1<sup>st</sup>  
DOSE

at least 2 months

  
BOOSTER\*

Individuals who received a Johnson & Johnson (Janssen) vaccine at least 2 months ago should receive a booster.

ADDITIONAL DOSE for immunocompromised

People who have moderately to severely compromised immune systems may not mount an adequate immune response to vaccines and therefore may not be protected after their primary series. Individuals age 5 years or older with moderately to severely compromised immune systems at the time of vaccination should get an additional dose of COVID-19 vaccine as part of their primary series, followed by a booster shot (for age 12 years and older only) after the recommended time interval. Use of mRNA vaccines (Pfizer or Moderna) is preferred.

**Pfizer and Moderna** (4 total doses: 3-dose primary series, then booster)

  
1<sup>st</sup>  
DOSE

21 days (Pfizer)  
or  
28 days (Moderna)

  
2<sup>nd</sup>  
DOSE

at least 28 days

  
Additional  
DOSE\*\*

at least 3 months  
(12+ only)

  
BOOSTER\*

The same product should be used for all doses of the primary series.

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**Johnson & Johnson (Janssen)** (3 total doses: 2-dose primary series, then booster)

  
1<sup>st</sup>  
DOSE

at least 28 days

  
Additional  
DOSE\*\*

at least 2 months

  
BOOSTER\*

\*Any COVID-19 vaccine can be used for the booster dose in people ages 18 years and older, though mRNA vaccines are preferred. For people ages 12-17 years, only Pfizer can be used. People ages 5-11 years should not receive a booster dose. If Moderna used for booster, dose is 50 mcg (0.25 ml).

\*\*Use Pfizer or Moderna. If Moderna used for additional dose, dose is 100 mcg (0.5 ml).

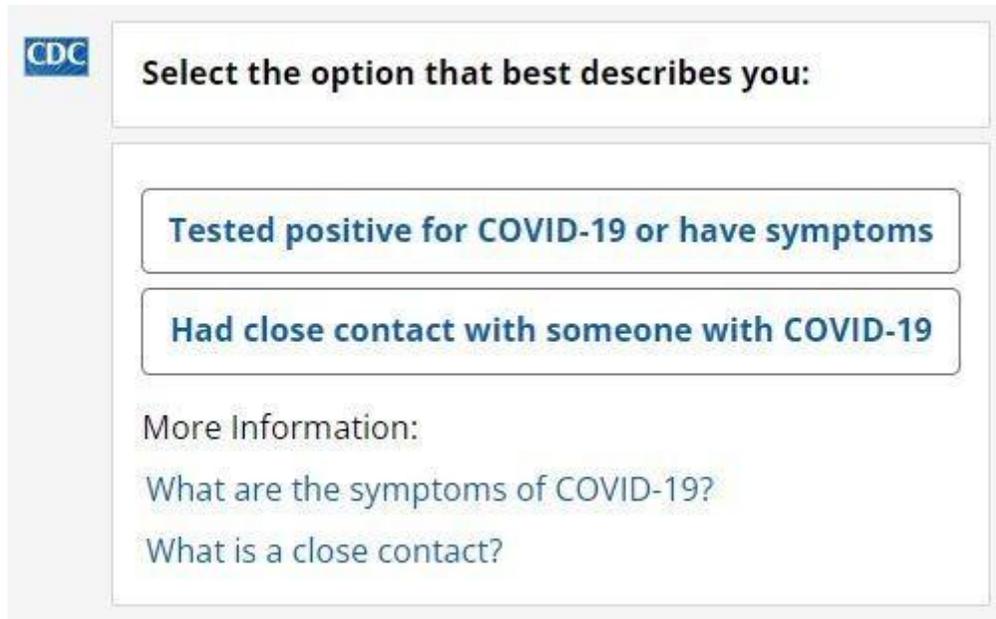
This infographic is available in additional languages by clicking here: [COVID-19 Education Toolkit](#)

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## 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? Try the Centers for Disease Control and Prevention's new Quarantine and Isolation (Q&I) Calculator by clicking here: [cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](https://cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

People who have been in close contact with someone with COVID-19 or have COVID-19 can use this tool\* to determine if they need to isolate, quarantine, or take other steps to prevent spreading COVID-19.



The image shows a screenshot of the CDC's Quarantine and Isolation (Q&I) Calculator interface. At the top left is the CDC logo. Below it, the text reads "Select the option that best describes you:". There are two large, rounded rectangular buttons stacked vertically. The top button is labeled "Tested positive for COVID-19 or have symptoms" and the bottom button is labeled "Had close contact with someone with COVID-19". Below these buttons, the text "More Information:" is followed by two links: "What are the symptoms of COVID-19?" and "What is a close contact?".

\*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.

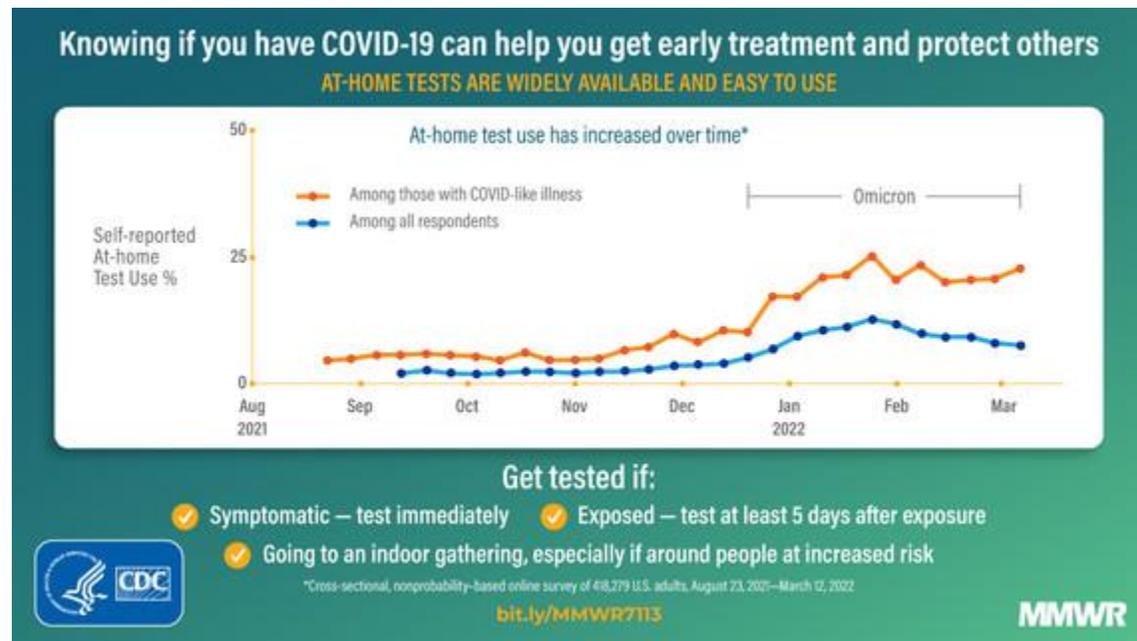
This tool also does not apply to cases and close contacts identified in certain settings. Parents with children in K-12 schools or early care and education (ECE) programs should consult the program administrator for specific isolation and quarantine guidance in their school or ECE setting. For information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

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## When and Where Should 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. Knowing if you have COVID-19 can help you get early treatment and protect others.

Get tested if you are symptomatic, exposed, or going to an indoor gathering, especially if around people at increased risk.



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

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