

## OC HEALTH CARE AGENCY (HCA) COVID-19 MESSAGES

UPDATED: **1/27/22**

**COVID-19 Health News:** Sign up for the newsletter by clicking [here](#).

**HCA Press Releases:** Sign up for media press releases by clicking [here](#).

### TODAY'S KEY MESSAGES FOR SOCIAL MEDIA

1. **Free N95 masks** are expected to be available at pharmacies & community health centers beginning this week through the Federal Government's free mask program. Contact your local store to confirm availability.
2. **At-home tests** are now available to order at [covidtests.gov](https://covidtests.gov) (4 kits per home). Find additional #OCCOVID19 testing resources at [ohealthinfo.com/covidtest](https://ohealthinfo.com/covidtest)
3. CDC recommends wearing an N95 mask or most protective mask that fits well & can be worn consistently. Learn more: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html](https://cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html)
4. **Self-isolation** means staying home if you test positive for COVID or have symptoms. **Self-quarantine** means staying home after being in close contact with someone who has COVID. Learn more: [cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](https://cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

### MESSAGES BY TOPIC

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### WHERE TO GET A COVID-19 VACCINE

- Local pharmacies
- Healthcare providers
- Go to [Vaccines.gov](https://vaccines.gov), call **(800) 232-0233**, or text your zip code to **438829**
- Go to [MyTurn.ca.gov](https://MyTurn.ca.gov)
- Walk-in or schedule an appointment at one of the following County sites – visit [Othena.com](https://Othena.com) or call **(714) 834-2000**:

<p><b>Central Regional Office</b> 2020 W. Walnut Street, Santa Ana, CA 92703 Monday – Friday, 10 a.m. – 6 p.m.</p>	<p><b>St. Anthony Claret Catholic Church</b> 1450 E. La Palma Avenue, Anaheim, CA 92805 Tuesdays, 10 a.m. – 6 p.m. Wednesdays, 8 a.m. – 3 p.m. Fridays, 11 a.m. – 7 p.m.</p>	<p><b>Orange Coast College – Ronnenberg Center</b> 2701 Fairview Road, Costa Mesa, CA 92626 Mondays, 8:30 a.m. – 4:30 p.m. Thursdays, 12 p.m. – 8 p.m. Saturdays, 9 a.m. – 5 p.m.</p>
<p><b>Latino Health Access</b> 450 W. 4<sup>th</sup> Street, Suite 210, Santa Ana, CA 92701 Mondays, 2 p.m. – 8 p.m.</p>	<p><b>Golden West College</b> 15751 Gothard Street, Huntington Beach, CA 92647 Wednesdays, 3 p.m. – 6 p.m. Saturdays, 9 a.m. – 1 p.m.</p>	<p><b>Coastline College</b> 1515 Monrovia Avenue, Newport Beach, CA 92663 Tuesdays, 2:30 p.m. – 8 p.m.</p>

**PREPARATION FOR VACCINATION APPOINTMENTS AT COUNTY SITES:**

- Bring official documents to your vaccination appointment to prove:
  - Your identity (ID card)
  - That you are the appropriate age for the vaccine being offered (DOB)
- Minors must be accompanied by their Parent/Legal Guardian, provide picture ID and proof of age.
- Individuals showing up for their vaccination appointment at a County site may be turned away due to:
  - Insufficient documentation for minors (such as proof of DOB)
  - Patients state feeling unwell and/or having symptoms associated with COVID-19
  - Patients state they recently tested positive for COVID-19
  - High probability of an anaphylactic reaction; such patients should consult with their primary care physician or allergist to be referred to an appropriate facility such as a hospital or urgent care center that can adequately respond and support in the event of a reaction

**ACCOMMODATIONS:**

- Call the OC COVID-19 Hotline at **(714) 834-2000** (M-F, 8-5) for help with:
  - Scheduling a vaccination appointment
  - Getting a ride to a vaccination or testing site in Orange County
  - Vaccination for homebound individuals (must meet certain criteria)
- ASL support is available at St. Anthony Claret Catholic Church on Fridays

**CALOPTIMA GIFT CARDS:**

- For questions about CalOptima gift cards, call **(714) 246-8895**

**COVID-19 TESTING**

**WHERE CAN I GET A TEST?**

- Local pharmacies
- Healthcare providers
- Order 4 free at-home tests from USPS at [covidtests.gov](https://www.covidtests.gov)
- Find a popup site at [covid19.ca.gov/get-tested](https://www.covid19.ca.gov/get-tested)
- Go to [covidclinic.org](https://www.covidclinic.org), call (877) 219-8378, or email: [info@covidclinic.org](mailto:info@covidclinic.org)
- Call Latino Health Access at (714) 805-7838

**HCA TEST KITS:**

- Self-collection, at-home COVID-19 PCR test kits are also available to order online at no cost by visiting [ochealthinfo.com/covidtest](https://www.ochealthinfo.com/covidtest)

- Due to increased demand for COVID-19 testing, please be patient as test kits may be delayed beyond the usual processing time.
- Due to operational limitations, kits may be delivered to OC zip codes only. Please use an OC home or work address when ordering a kit.
- An email address is required for each person requesting a kit.
- Each kit comes with a prepaid shipping return label and are able to be dropped off at any FedEx drop-off location (click [here](#) to locate a dropbox or call **(800) 463-3339** to schedule a pickup).

**DO NOT GO TO THE HOSPITAL IF IT IS NOT AN EMERGENCY:**

- If you do not have symptoms, have mild symptoms and are at low risk of severe disease, do not go to the urgent care clinics or emergency rooms to obtain COVID-19 testing. Hospitals are focused on people who are sick and need urgent care.


**BOOSTER DOSES VS. THIRD PRIMARY DOSES FOR IMMUNOCOMPROMISED**

**WHO SHOULD GET A BOOSTER DOSE?**

Age	How long after mRNA COVID-19 primary vaccination series?	Which shot to get?
12-17	5 months	Pfizer-BioNTech
18+	5 months	Pfizer-BioNTech or Moderna (Janssen may be considered in some circumstances)

**UPDATED mRNA COVID-19 BOOSTER RECOMMENDATIONS**

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



- More info from CDC: [cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html)

**WHO SHOULD GET A THIRD ADDITIONAL PRIMARY DOSE?**

- Individuals who are moderately to severely immunocompromised (age 18+ for Moderna and age 5+ for Pfizer)
- More info from CDC: [cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html)

**COVID-19 TREATMENTS & THERAPEUTICS**

- Information from U.S. Department of Health & Human Services: [hhs.gov/coronavirus/covid-19-treatments-therapeutics/index.html](https://www.hhs.gov/coronavirus/covid-19-treatments-therapeutics/index.html)

**COMPLAINTS & MISINFORMATION RELATED TO COVID-19**

- Report a business or facility in Orange County that is not following current state or local COVID-19 mandates:
  - For restaurants, bars, supermarkets, hotels, pools, and body art studios, email Environment Health Services at [ehealth@ochca.com](mailto:ehealth@ochca.com)

- For other types of businesses or facilities, call OSHA at **(833) 579-0927**
- Email rumors and misinformation to CDPH at [rumors@cdph.ca.gov](mailto:rumors@cdph.ca.gov)
  - More info from CDPH: [occovid19.ocaliforniahealthinfo.com/sites/virus/files/2021-05/CDPH\\_Trust\\_and\\_Safety\\_Team.pdf](https://occovid19.ocaliforniahealthinfo.com/sites/virus/files/2021-05/CDPH_Trust_and_Safety_Team.pdf)
- Report fraud related to COVID-19 testing sites by calling the Office of Inspector General at (800) 447-8477 or online at [oig.hhs.gov/fraud](https://oig.hhs.gov/fraud).

## COUNTY HEALTH ORDERS & RECOMMENDATIONS

### LINK TO COUNTY HEALTH ORDER:

[occovid19.ocaliforniahealthinfo.com/article/oc-health-officers-orders-recommendations](https://occovid19.ocaliforniahealthinfo.com/article/oc-health-officers-orders-recommendations)

### KEY UPDATES AS OF JANUARY 14, 2022:

- Option to test and shorten isolation, or test after exposure if tests are available
  - Negative antigen test when available is acceptable and preferred to shortened Isolation/quarantine when collected after day 5
- Healthcare workers at general acute care hospitals, acute care psych hospitals, and skilled nursing facilities who have tested positive and remain asymptomatic are NOT required to isolate from time of health order through February 1, 2022
- New option for K-12 private/public schools to follow a group tracing approach
  - Schools can offer notification to whole groups of exposed students rather than individual students- and allow students who remain asymptomatic to continue to attend school, recommendation of testing, and requirement to wear a well fitted mask.
  - If those exposed students are unable to wear a mask, they must quarantine at home until negative test on day 3 to 5 after most recent COVID exposure
  - If wide-scale or repeated exposures, broader once weekly testing may be chosen in lieu of group notification until time of exposure events become less frequent
- Inclusion of definition of up-to-date COVID-19 vaccination
- Universal Indoor masking extended to February 15, 2022
  - More description that mask wearers consistently and correctly wear a mask that offers good filtration for best protection
- Updated link for visitor requirements for acute health care and long term care settings
- Updated links to resources and updated CDPH guidance

## ISOLATION & QUARANTINE

### WHEN DO I SELF-ISOLATE?

- When you have tested positive or have symptoms of COVID-19

### WHEN DO I SELF-QUARANTINE?

- When you have been in close contact with someone who has COVID-19, even if you don't feel sick or have been vaccinated

### ISOLATION & QUARANTINE GUIDANCE FROM CDC:

- [cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

## MASKS

### FREE N95 MASKS:

- Federal Government is offering free N95 masks at pharmacies and community health centers nationwide
- Available for adults only at this time, up to 3 masks per adult
- Pharmacies that participate in the Federal Retail Pharmacy Program to deliver COVID-19 vaccines are expected to participate in the new mask distribution program
- Contact your local store to confirm that masks are available
- **CDC list of pharmacy and supermarket pharmacy chains:** [cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html](https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html)

**UNIVERSAL MASK MANDATE:**

- Masks are required to be worn indoors in public throughout California, regardless of vaccination status, until **February 15, 2022**

**CDPH – GUIDANCE FOR THE USE OF FACE MASKS:**

- [cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx)

**CDC MASK RECOMMENDATIONS:**



**CDC – TYPES OF MASKS AND RESPIRATORS:**

[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html)

**VACCINE INFORMATION RESOURCES**

**VACCINE EDUCATION VIDEOS:**

- Vaccine education videos are available on [oregonhealthinfo.com/covid](https://www.oregonhealthinfo.com/covid) for people who are interested in learning more about the vaccine

**IF I GOT VACCINATED OUTSIDE THE U.S., AM I CONSIDERED “FULLY VACCINATED”?**

- [cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#people-vaccinated-outside-us](https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#people-vaccinated-outside-us)

**VACCINES FOR CHILDREN AGES 5-11:**

- Visit [COVIDVaccineFacts.com](https://www.covidvaccinefacts.com) and click on “COVID-19 Vaccines Ages 5-11” for more information

**WAYS TO PROVE THAT YOU ARE VACCINATED:**

- Show your CDC vaccination card
- Visit [myvaccinerecord.cdph.ca.gov](https://myvaccinerecord.cdph.ca.gov) to get your digital vaccine record from the State
- If you were vaccinated at a County site, log into your account at [Othena.com](https://Othena.com)