



COVID 19- Testing and Vaccination

COMMUNITY MEETING

REGIONAL CENTER IF THE EAST BAY

FRIDAY JANUARY 8, 2021 VIA ZOOM

Current Status of COVID-19 in Alameda and Contra Costa Counties

- ▶ Numbers have been rising since early November
- ▶ Thanksgiving and December holiday gatherings have impacted the spread
- ▶ Hospitals are impacted with few beds available in ICUs.

Regional Center Numbers Statewide

Reported as of 12/28/2020

Total Reported Cases 7,249

Total Served: 355,957 2%

Ethnicity

% in the Regional Center Population

Latino	43%	40%
Asian	4%	9%
African American	8%	9%
White	39%	30%
Other	6%	13%

RCEB clients testing positive

Reported as of 12/28/2020

- ▶ 280 clients with positive tests
1.3%

21,654 is our total population

Ethnicity		% in the RCEB Population
Latino	20%	24%
Asian	12%	18%
African American	15%	16%
White	45%	26%
Other	8 %	15%

Living Arrangements Statewide

Living Arrangement	Number of Case	Percentage of COVID Numbers	Percentage of Regional Center Consumers
Community Care Facility (CCF) 1,938 27%	1,938	27%	7%
Intermediate Care Facilities	924	13%	2%
SLS,ILS, FHA	861	12%	8%
Family/Own Home	2,924	40%	81%
Nursing Facility	421	6%	0%
Other Institutions	181	3%	2%

Testing for Covid-19

- ▶ Why test?

You have had close contact with anyone who has tested positive

Have Covid-19 symptoms

Get a call from a contact tracer or may have been exposed to someone with Covid-19

Are at high risk even with no symptoms, ie. live in congregate care settings, work in health care, emergency services, congregate care facility, correctional facility or other essential service

- ▶ Testing in residential facilities is now required

- ▶ Must test monthly, one quarter of staff each week. Residents monthly

- ▶ Facilities are contracting for tests at home

Find testing resources online

- ▶ Alameda County

<https://covid-19.acgov.org/testing.page>

- ▶ Contra Costa County

www.coronavirus.cchealth.org/get-tested

- ▶ Kaiser Members

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/coronavirus-information>

- ▶ Statewide, search by zip code

<https://covid19.ca.gov/get-tested/>

What is testing like?

- ▶ Many tests are performed by licensed clinical staff using an FDA-authorized nasal swab test for the active COVID-19 virus.
- ▶ All testing sites now use a swab test that is less invasive and not painful at all. You will be asked to pull your face covering down to keep your mouth covered but expose your nose. Staff will hand the swab to you, ask you to place it just inside your nostril, gently swirl it around for 15 seconds and repeat on the other side
- ▶ Some newer models of testing do not require clinical staff, rather non professionals can observe the self swab
- ▶ New home tests are coming soon where going to a test site will not be required.

Future

- ▶ RCEB is working with the State to increase the number of self administered Covid-19 tests
- ▶ These tests are swabs of the anterior nasal surfaces, that can be completed by the individual for themselves with support/guidance from trained, non professionals.
- ▶ Our hope is to have tests available to individuals, caregivers, support persons, family members, completed close to or at home, within the next few months.

Important info about the Vaccines

from [CDC.gov/coronavirus/2019-ncov/vaccines/facts.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html)

- ▶ Safety of the Covid-19 vaccine is top priority > all vaccines now available were approved for use by the FDA after large clinical trials
- ▶ Covid-19 vaccination will help protect you from getting Covid-19. Two doses are needed, the second dose follows first dose in 3-4 weeks
- ▶ CDC and California Dept of Public Health as guided by the Community Vaccine Advisory Committee makes recommendations for who should be offered COVID-19 vaccine first as supplies are limited
- ▶ Currently health care workers and long-term care residents are getting vaccinated. RCEB is coordinating this effort with our two county Public Health Departments.

California's COVID-19 Vaccine Plan

- ▶ Vaccines will be offered to different groups of people in phases because the vaccine supply is limited now. US, supply will increase in the weeks and months to come
- ▶ Aside from deliveries to large health care systems and the Federal Partnerships for long term care, vaccine distribution takes place at the county level.
- ▶ There has been a slow beginning to the rollout. California is now trying to increase doses each week.

Phase 1 A

- ▶ Phase 1A includes health care workers and long-term care residents
- ▶ CVS and Walgreens are currently administering the free Covid-19 vaccine to residents and staff of long-term care settings as part of a federal pharmacy partnership plan
- ▶ In Home Support Workers and respite providers are considered health care workers and should be able to be vaccinated in tier 2 of phase 1 A, county will provide more info about how to sign up for a vaccine in coming weeks

Phase 1 B Tier 1

- ▶ Phase 1B tier one includes:
- ▶ Individuals 75 or older,
- ▶ Those with risk of exposure at work in the following sectors: education, childcare, emergency services, and food and agriculture

Phase 1B Tier 2

- ▶ Phase 1B tier two includes:
- ▶ Individuals 65- 74 years of age,
- ▶ Those at risk of exposure at work in the following sectors:
transportation, industrial, commercial, residential, sheltering facilities
and services,
- ▶ Congregate settings with outbreak risk, incarcerated and homeless

Phase 1C

- ▶ Phase 1C includes: Individuals 50 -64 years of age,
- ▶ Individuals 16-64 years of age that have an underlying health condition or disability,
- ▶ Those at risk of exposure at work in the following sectors: water, wastewater; defense; energy; chemical and hazardous materials; communications and IT; financial services; government operations and community-based essential functions

Vaccines

- ▶ For both currently available vaccines, a person must be observed by another person for 15 minutes – 30 minutes, who could respond in an emergency, in case of allergic reactions
- ▶ After COVID-19 vaccination, you may have some side effects, this is a normal sign that your body is building protection.
- ▶ Common side effects include: Pain and swelling at injection site,
- ▶ Fever, Chills, Tiredness and Headache can also occur but should go away in a few days.
- ▶ If experiencing these side effects, rest, drink fluids, apply cool washcloth to sore/swollen arm. Take over the counter pain medication for fever or discomfort as needed.
- ▶ Covid-19 vaccines **can not** make you sick with Covid-19, none of the vaccines contain the live virus that causes Covid-19

Vaccines

- ▶ You should not have to pay for the vaccine, regardless of insurance
- ▶ Only two vaccines are being administered **now**, many other vaccines are on the way; in development and in clinical trials.
- ▶ **Pfizer-BioNTech**, mRNA vaccine for persons aged 16y and older, requires very cold storage, two doses given 21 days apart, common side effects, which can last for several days include: pain at the injection site, tiredness, headache, muscle pain, chills, joint pain, and fever.
- ▶ **Moderna**, mRNA vaccine for persons aged 18y and older, two doses given 28 days apart, common side effects, which can last for several days include: pain at injection site, tiredness, muscle pain, chills, joint pain, swollen lymph nodes in the arm of injection

For those under 18

- ▶ There is no vaccine currently approved for children under 16.
- ▶ The Pfizer vaccine can be given to those 16 and older.
- ▶ Vaccine trials are currently enrolling those who are 12 years and older.
- ▶ Expectations that these age groups will probably have vaccine by summer.

Staying Healthy until vaccines are more available

- ▶ Covid-19 vaccines are one of many important tools to help stop the pandemic.
- ▶ After receiving the vaccine, it will take several weeks for the body to build immunity –protection against the virus that causes Covid-19- after vaccination
- ▶ Until we have been vaccinated and built our immunity, we must all continue to **wear a mask or face covering, stay at least 6 feet away** from others not living with you, and **wash hands often**.
- ▶ Staying home as much as possible, especially while transmission rates are elevated and hospital space is limited, reduces exposure to others that may not know they have the virus and decreases your chances of becoming ill from coronavirus

Next Steps

- ▶ RCEB 's Website will be launching a COVID Testing and Vaccination Section, where up to date details can be found.
- ▶ We will post information on Vaccines/Who is Eligible/Testing opportunities for people served by RCEB
- ▶ Vaccines will allow us to start to reopen activities and engage with family and friends safely.