



## Live Well San Diego LONG-TERM CARE FACILITIES



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## TELEBRIEFING

Upcoming Telebriefing will be **Thursday, March 24, 2022, 2:00-3:00 PM**  
**Please note: starting in March, these telebriefings will transition to one session per month - the fourth Thursday of every month**

[Zoom Meeting Link](#)

[Submit Telebriefing Questions](#)

For listen mode only, call: 1 (669) 900-6833, when prompted, enter the following Meeting ID: 826 2009 8291. Passcode: 242111

### **Telebriefing Slides and Recording: February 24, 2022**

**NEW:** Dr. Raymond Chinn, County of San Diego Medical Consultant, [COVID-19 Updates](#)

**NEW:** Jennifer Wheeler, County of San Diego, [LTC Updates](#)

[Telebriefing Recording](#)

## SECTOR ANNOUNCEMENTS

March 1, 2022

We would like to update you on alternative Covid-19 testing options that are available due to the temporary closure of the County of San Diego Public Health Laboratory (SDPHL). Until further notice, SNFs and other long-term care facilities that require Covid-19 testing support will need to utilize [other laboratory resources for testing services to test staff and residents](#). Please click [here](#) and the aforementioned link for further details. If your facility requires additional resources or has additional questions, please email [Labs.HHSA@sdcounty.ca.gov](mailto:Labs.HHSA@sdcounty.ca.gov), and a member of our team will contact you to provide further assistance.

The County of San Diego is doing pretty well overall with vaccination rates – in almost all age groups, at least 60% of eligible individuals have been fully vaccinated. We want to encourage you to emphasize to your staff the importance of vaccines for their children. Children over the age of 5 are eligible to be vaccinated. The rate is only around 29% for the youngest group, children 5-11 years old, and we would like to see that higher, for the children's sake as well as to decrease general community spread, which in turn can seriously impact long-term care facilities.

The County of San Diego continues to use **10 days of isolation for residents who test positive**. [PIN 21-49-ASC](#) states that residents who test positive must isolate for a minimum of 10 days, regardless of their vaccination status. The 5-day isolation duration is only for the general public and selective health care workers. Please see section 5 of the [County Isolation Order](#) to see where the exception is made for high-risk congregate settings.

On February 16, the Community Care Licensing Division Adult and Senior Care Program held an informational call regarding "Infection Prevention: New and Current COVID-19 guidance and updates". We encourage licensees and staff to view the [PowerPoint Presentation](#) for more information.

Please find a summary of important resources the County and other partners are currently offering below:

### **Vaccines**

- Visit [COVID-19 Vaccines](#) to locate vaccination sites for staff

- If you have immobile residents who need vaccines or boosters, our County of San Diego Rapid Response Team can assist. Please email [COVID-HealthcareStatus@sdcounty.ca.gov](mailto:COVID-HealthcareStatus@sdcounty.ca.gov) and one of our team members can assist you.

## Testing

- Visit the [County's webpage](#) to find COVID-19 testing site locations and times
- If your facility is in need of antigen test kits, please email [logs.testing.hhsa@sdcounty.ca.gov](mailto:logs.testing.hhsa@sdcounty.ca.gov)
- if you're a SNF and in need of test kits for visitors, please email [MOC.LOGS.HHSA@sdcounty.ca.gov](mailto:MOC.LOGS.HHSA@sdcounty.ca.gov)
- If you are a DSS licensed facility and in need of Over-The-Counter COVID-19 test kits for visitors, please email [moc.logs.hhsa@sdcounty.ca.gov](mailto:moc.logs.hhsa@sdcounty.ca.gov). These kits do not require a CLIA waiver.
- You can request 4 free, at-home COVID-19 tests for personal use from the federal government. See more details [here](#).
- If you have a health plan, you can purchase over-the-counter COVID-19 tests at no cost. See more details [here](#).

## Special one-time offering of a 30-day sustainment supply offering of PPE

- The statewide Logistics Task Force has made available a 30-day sustainment supply of PPE to all local public health and medical stakeholders. This is a one-time allotment that must be requested by **February 28, 2022**. You can find details on how to submit your request [here](#).

Please find information below regarding the latest guidance and resources from county, state, and federal organizations, including new updates:

- [AFL 21-28.3](#) COVID-19 Testing, Vaccination Verification and Personal Protective Equipment (PPE) for Health Care Personnel (HCP) at Skilled Nursing Facilities (SNF)
- [AFL 21-29.3](#) COVID-19 Testing Vaccination Verification and PPE for HCP at Health Care Facilities (This AFL supersedes AFL 21-29.2)
- [AFL 21-30.3](#) COVID-19 Testing, Vaccination Verification and PPE for HCP at the Various Types of Intermediate Care Facilities
- [AFL 21-34.3](#) COVID-19 Vaccine Requirements for HCP (This AFL supersedes AFL 21-34.2)
- [AFL 22-09](#) COVID-19 Vaccine and Booster Recommendations for Clinically Eligible Individuals

For other questions, email [COVID-LTC@sdcounty.ca.gov](mailto:COVID-LTC@sdcounty.ca.gov) or for more information for long-term care facilities, visit [www.coronavirus-sd.com/LTC](http://www.coronavirus-sd.com/LTC). Thank you for your continued efforts and partnership with the County of San Diego!



## California Department of Public Health

**NEW!** [AFL 21-28.3](#) to Skilled Nursing Facilities, February 22, 2022

This AFL requires SARS-CoV-2 diagnostic screening testing for HCP in SNFs. The [Public Health Order](#) issued July 26, 2021 related to unvaccinated workers in high risk settings becomes effective August 9, 2021. This AFL requires SNFs to develop and implement processes for verifying the vaccination status of all HCP and for obtaining and tracking documentation of results of SARS-CoV-2 diagnostic screening testing from HCP who are unvaccinated or incompletely vaccinated and includes additional PPE requirements. These requirements are effective August 9<sup>th</sup> and should begin as soon as reasonably possible, with full compliance no later than August 23, 2021. This AFL revision notifies all facilities of the February 22, 2022 [Public Health Order](#) and requires HCP to be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. The revision also allows HCP who have completed their primary vaccination series and provide proof of subsequent COVID-19 infection may defer booster administration for up to 90 days from the date of clinical diagnosis or first positive test, which in some situations, may extend the booster dose requirement beyond March 1st. This revision also requires at least twice weekly COVID-19 testing for all HCP for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster in long-term care settings. Facilities must begin testing of all booster-eligible HCP who have not yet received their booster by December 27, 2021 and be in full compliance by January 7, 2022. The California Department of Public Health (CDPH) strongly recommends that all HCP in SNFs (including those that are fully vaccinated and boosted) undergo at least twice weekly screening testing.

**NEW!** [AFL 21-29.3](#) to Health Care Facilities, February 22, 2022

The [Public Health Order](#) issued July 26, 2021, becomes effective August 9, 2021. This AFL requires weekly SARS-CoV-2 diagnostic screening testing for healthcare personnel (HCP) that are unvaccinated or incompletely vaccinated working the above specified in health care facilities. Facilities must develop and implement processes for verifying the vaccination status of all HCP, and for obtaining and tracking documentation of results of weekly SARS-CoV-2 diagnostic screening testing from HCP who are unvaccinated or incompletely vaccinated as soon as reasonably possible with full compliance no later than

August 23, 2021. This AFL revision notifies all facilities of the February 22, 2022 [Public Health Order](#) and requires HCP be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. The revision also allows HCP who have completed their primary vaccination series and provide proof of subsequent COVID-19 infection may defer booster administration for up to 90 days from the date of clinical diagnosis or first positive test, which in some situations, may extend the booster dose requirement beyond March 1st. This revision also updates the testing requirements to require at least weekly COVID-19 testing for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster. Facilities must begin testing of all booster-eligible HCP who have not yet received their booster by December 27, 2021 and be in full compliance by January 7, 2022.

**NEW!** [AFL 21-30.3](#) to Various Types of Intermediate Care Facilities, February 22, 2022  
The [Public Health Order](#) issued July 26, 2021 becomes effective August 9, 2021. This AFL requires twice-weekly SARS-CoV-2 diagnostic screening testing for HCP that are unvaccinated or incompletely vaccinated. Facilities must develop and implement processes for verifying the vaccination status of all HCP, and for obtaining and tracking documentation of results of weekly SARS-CoV-2 diagnostic screening testing from HCP who are not fully vaccinated when reasonably possible with full compliance no later than August 23, 2021. This AFL revision notifies all facilities of the February 22, 2022 [Public Health Order](#) and requires HCP to be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. The revision also allows HCP who have completed their primary vaccination series and provide proof of subsequent COVID-19 infection may defer booster administration for up to 90 days from the date of clinical diagnosis or first positive test, which in some situations, may extend the booster dose requirement beyond March 1st. This revision also updates the testing requirements to require at least twice weekly COVID-19 testing for all unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster. Facilities must begin testing of all booster-eligible workers who have not yet received their booster by December 27, 2021 and be in full compliance by January 7, 2022.

**NEW!** [AFL 21-34.3](#) to All Facilities, February 22, 2022

This AFL notifies all facilities of the August 5, 2021 [Public Health Order](#) related to mandatory vaccination for healthcare workers in identified healthcare settings. This AFL requires all HCP who provide services or work in healthcare facilities[i] to have received either the first dose of a one-dose regimen or their second dose of a two-dose regimen no later than September 30, 2021, unless exempt. This AFL notifies all facilities of the September 28, 2021 [Public Health Order](#) that establishes COVID-19 vaccination requirements for settings in which direct care and services[ii] are provided, and were not

included in the August 5, 2021 Public Health Order. Direct care workers must receive either the first dose of a one-dose regimen or their second dose of a two-dose regimen no later than November 30, 2021, unless exempt. This includes the following:

- All in-home direct services workers, including registered home care aides and certified home health aides, except for those workers who only provide services to a recipient with whom they live or who are a family member of the recipient for whom they provide services
  - All hospice workers who are providing services in the home or in a licensed facility
- Facilities and providers must document HCP COVID-19 vaccination or exemption status by the following dates to be in compliance with the public health orders:
  - Healthcare facilities: September 30, 2021
  - Home health agencies and hospice providers: November 30, 2021
- This AFL revision notifies all facilities of the February 22, 2022 [Public Health Order](#) and requires HCP to be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. The revision also allows HCP who have completed their primary vaccination series and provide proof of subsequent COVID-19 infection may defer booster administration for up to 90 days from the date of clinical diagnosis or first positive test, which in some situations, may extend the booster dose requirement beyond March 1st. This revision also updates the testing requirements to require at least twice weekly COVID-19 testing for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster in an acute care or long-term care setting and requires at least weekly COVID-19 testing such HCP other health care settings.

**NEW!** [AFL 22-09](#) to All Facilities, February 24, 2022

The California Department of Public Health recommends facilities offer COVID-19 vaccinations and booster doses to clinically eligible individuals

[AFL 22-07](#) to Skilled Nursing Facilities, February 7, 2022

This AFL notifies SNFs of updated CDPH, Centers for Medicare and Medicaid Services (CMS), and Centers for Disease Control and Prevention (CDC) guidance for improving their infection control and prevention practices to prevent the transmission of COVID-19, including guidance for visitation. This AFL provides CDPH guidance for group activities and communal dining based upon vaccination status of residents. This AFL requires SNFs to develop and implement processes for verifying the vaccination status of all visitors, and for obtaining and tracking documentation of SARS-CoV-2 diagnostic test of all visitors. This AFL updates restrictions on visitation and also removes outdated exemptions to visitation

restrictions.

[AFL 22-08](#) to Skilled Nursing Facilities, February 7, 2022

This AFL announces updates to [WIC section 14126.022](#) regarding penalties and appeal rights for skilled nursing facilities (SNFs) that are non-compliant with the direct care service hours per patient day (DHPPD) requirement. This AFL provides SNFs with the procedures for appealing penalties assessed as a result of staffing audits for non-compliance with DHPPD requirements for nurses and certified nurse assistants.

[AFL 20-34.5](#) to Adult Day Health Care Centers, February 8, 2022

This AFL notifies ADHCs of a temporary waiver of specified regulatory requirements due to the state of emergency related to the Coronavirus Disease 2019 (COVID-19) outbreak. This revision extends the temporary waiver of specified regulatory requirements in this AFL until March 31, 2022.

[AFL 21-28.2](#) to Skilled Nursing Facilities, January 26, 2022

This AFL requires SARS-CoV-2 diagnostic screening testing for HCP in SNFs. The [Public Health Order](#) issued July 26, 2021 related to unvaccinated workers in high risk setting becomes effective August 9, 2021. This AFL requires SNFs to develop and implement processes for verifying the vaccination status of all HCP and for obtaining and tracking documentation of results of SARS-CoV-2 diagnostic screening testing from HCP who are unvaccinated or incompletely vaccinated and includes additional PPE requirements. These requirements are effective August 9th and should begin as soon as reasonably possible, with full compliance no later than August 23, 2021. This AFL revision notifies all facilities of the January 25, 2022 [Public Health Order](#) and requires HCP to be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. This revision also requires at least twice weekly COVID-19 testing for all HCP for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster in long-term care settings. Facilities must begin testing of all booster-eligible HCP who have not yet received their booster by December 27, 2021 and be in full compliance by January 7, 2022. The California Department of Public Health (CDPH) strongly recommends that all HCP in SNFs (including those that are fully vaccinated and boosted) undergo at least twice weekly screening testing.

[AFL 21-29.2](#) to All Facilities, January 16, 2022

This AFL requires weekly SARS-CoV-2 diagnostic screening testing for healthcare personnel that are unvaccinated or incompletely vaccinated working the above specified in health care facilities. Facilities must develop and implement processes for verifying the vaccination status of all HCP, and for obtaining and tracking documentation of results of



weekly SARS-CoV-2 diagnostic screening testing from HCP who are unvaccinated or incompletely vaccinated as soon as reasonably possible with full compliance no later than August 23, 2021. This AFL revision notifies all facilities of the January 25, 2022 [Public Health Order](#) and requires HCP be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. This revision also updates the testing requirements to require at least weekly COVID-19 testing for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster. Facilities must begin testing of all booster-eligible HCP who have not yet received their booster by December 27, 2021 and be in full compliance by January 7, 2022.

[AFL 21-30.2](#) to the Various Types of Intermediate Care Facilities, January 26, 2022

This AFL requires twice-weekly SARS-CoV-2 diagnostic screening testing for HCP that are unvaccinated or incompletely vaccinated. Facilities must develop and implement processes for verifying the vaccination status of all HCP, and for obtaining and tracking documentation of results of weekly SARS-CoV-2 diagnostic screening testing from HCP who are not fully vaccinated when reasonably possible with full compliance no later than August 23, 2021. This AFL revision notifies all facilities of the January 25, 2022 [Public Health Order](#) and requires HCP to be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. This revision also updates the testing requirements to require at least twice weekly COVID-19 testing for all unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster. Facilities must begin testing of all booster-eligible workers who have not yet received their booster by December 27, 2021 and be in full compliance by January 7, 2022.

[AFL 21-34.2](#) to All Facilities, January 26, 2022

This AFL notifies all facilities of the August 5, 2021 [Public Health Order](#) related to mandatory vaccination for healthcare workers in identified healthcare settings. This AFL requires all HCP who provide services or work in healthcare facilities to have received either the first dose of a one-dose regimen or their second dose of a two-dose regimen no later than September 30, 2021, unless exempt. This AFL notifies all facilities of the September 28, 2021 [Public Health Order](#) that establishes COVID-19 vaccination requirements for settings in which direct care and services are provided, and were not included in the August 5, 2021 Public Health Order. Direct care workers must receive either the first dose of a one-dose regimen or their second dose of a two-dose regimen no later than November 30, 2021, unless exempt. This includes the following: All in-home direct services workers, including registered home care aides and certified home health aides, except for those workers who only provide services to a recipient with whom they live or who are a family member of the recipient for whom they provide services. All hospice workers who are providing services in the home or in a licensed facility. Facilities



and providers must document HCP COVID-19 vaccination or exemption status by the following dates to be in compliance with the public health orders: Home health agencies and hospice providers: November 30, 2021. Healthcare facilities: September 30, 2021. This AFL revision notifies all facilities of the January 25, 2022 [Public Health Order](#) and requires HCP to be up to date with vaccinations and receive boosters by March 1, 2022, unless exempt. This revision also updates the testing requirements to require at least twice weekly COVID-19 testing for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster in an acute care or long-term care setting and requires at least weekly COVID-19 testing such HCP other health care settings.

[AFL 22-02](#) to Skilled Nursing Facilities, January 14, 2022

Notifies SNFs that the state is sending roughly 330,000 Clinical Laboratory Improvement Amendments (CLIA) waived BinaxNow antigen tests to SNFs for the purposes of testing visitors seeking indoor visitation.

View other AFLs at the [All Facilities Letter](#) webpage.



## California Department of Social Services

[Supplemental Guidance](#) for PIN 22-05-ASC to Adult and Senior Care Facility Workers Pursuant to the State Public Health Officer Order (PHO) of December 22, 2021 (updated on January 25, 2022), the requirement for booster doses goes into effect December 22, 2021, and the deadline for booster-eligible covered workers to receive their booster is March 1, 2022, or no later than 15 days after becoming eligible for a booster if they are not eligible as of March 1, 2022. Testing requirements of booster-eligible workers, who have not yet received their booster dose or those workers who have a religious or medical exemption pursuant to the PHO, went into effect on December 27, 2021.

[PIN 22-08-ASC](#) to All Adult and Senior Care Program Licensees, February 11, 2022

Announces an upcoming informational call with Adult and Senior Care (ASC) licensees and their staff on February 16, 2022 to review new and current COVID-19 guidance and updates.

[PIN 22-09-ASC](#) to Adult and Senior Care Program Licensees, February 14, 2022

Updates quarantine and isolation guidance for Adult and Senior Care (ASC) facility staff based on staff vaccination status and facility staffing levels.

[PIN 22-07-ASC](#) to All Adult and Senior Care Program Residential licensees, February 7, 2022

PIN 22-07-ASC supersedes PIN 22-04-ASC, dated January 18, 2022 and PIN 21-40-ASC, dated August 27, 2021, related to the Visitation Waiver. PIN 22-07-ASC informs Adult and Senior Care (ASC) residential licensees the State Public Health Officer Order of December 31, 2021 is being amended at this time to reflect indoor visitation requirements that were in place, prior to December 31, 2021, with the elimination of the six feet distancing requirement, in all covered settings. This amended Order is effective February 8, 2022

[New PINs Organized by Topic](#) - Community Care Licensing Division: Adult and Senior Care (ASC) COVID-19

[PIN 22-05-ASC](#) to All Adult and Senior Care Program Licensees, February 2, 2022

PIN 22-05-ASC notifies all Adult and Senior Care (ASC) licensees of updated COVID-19 vaccination and booster requirements for all workers of ASC facilities, pursuant to the State Public Health Officer Order of December 22, 2021 which was updated on January 25, 2022. **Important! The deadline for workers to acquire their booster dose has been extended from February 1, 2022, to March 1, 2022**

[PIN 22-06-ASC](#) to All Adult and Senior Care Program Licensees, February 3, 2022

PIN 22-06-ASC supersedes PIN 21-51-ASC, dated December 15, 2021, and informs Adult and Senior Care (ASC) licensees about the availability of both the third (additional) dose and booster dose of COVID-19 vaccines. Specifically, this PIN provides updates in the following areas:

- New preferential recommendation for mRNA vaccinations (Pfizer-BioNTech or Moderna) for both primary series and boosters.
- New boosters for individuals aged 12 and older.
- New booster eligibility five (5) months after completing primary series.
- Boosters for people vaccinated outside of the United States.

[PIN 22-02-ASC](#) to All Adult and Senior Care Program Licensees, January 14, 2022

[PowerPoint slides](#) presentation from Infection Prevention: Upcoming COVID-19 Requirements & Guidance from CDSS Informational Call.

[PIN 22-03-ASC](#) to All Adult and Senior Care Program Licensees, January 18, 2022

Announces organizational changes in the Adult and Senior Care Program.

[PIN 22-01-ASC](#) to All Adult Care Program Licensees, January 6, 2022

Announces the release of an updated Emergency and Disaster Plan form for Adult Care Facilities.

View the [Adult and Senior Care Winter 2021-22 Quarterly Update](#).

[See the full list of recent PINs](#)

## COVID-19 UPDATES & RESOURCES

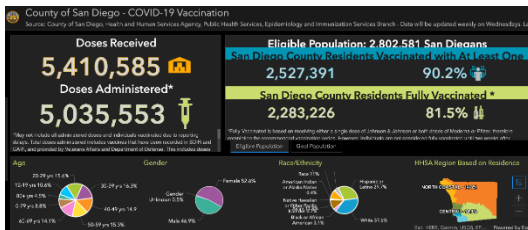
### COVID-19 in San Diego County



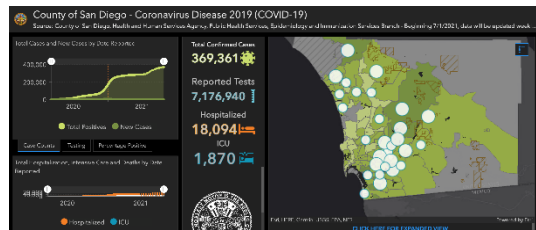
[COVID-19 Watch: Weekly COVID-19 Surveillance Report \(2/23/22\)](#)



[COVID-19 Weekly Update Presentation \(2/23/22\)](#)



[County of San Diego - COVID-19 Vaccination Dashboard](#)



[County of San Diego - COVID-19 Dashboard](#)



### Federal Retail Pharmacy Program (FRPP) Update on COVID-19 Vaccines

The CDC allocates COVID-19 vaccines directly to enrolled retail and LTC pharmacies. Three LTC-specific groups (MHA, Innovatix-PharMerica, and GeriMed) receive federal doses and allocate them to member pharmacies who can then provide vaccines to LTC facilities. Not

every LTC pharmacy in California is enrolled in the the Federal Retail Pharmacy Program (FRPP). To request vaccines from your contracted LTC pharmacy:

1. Enroll in the San Diego Immunization Registry: <http://www.sdiz.org/clair-sdir/enrollment.html>
2. Contact your pharmacy to determine if they are enrolled in the FRPP.
  - o If the LTC pharmacy is enrolled in the FRPP, the pharmacy can subcontract with facilities to also administer the vaccine, and the facility does NOT need to enroll as a vaccine provider.
  - o If the LTC pharmacy is **NOT** enrolled in the FRPP, facilities can register to be a vaccinators through <https://mycavax.cdph.ca.gov/s/>.
3. If your contracted pharmacy cannot assist, you may request assistance from other San Diego LTC pharmacies enrolled in the FRPP:
  - o Guardian Pharmacy Services (MHA): [cvrs@guardianpharmacy.net](mailto:cvrs@guardianpharmacy.net)
  - o Omnicare of San Diego: [Chadd.Eno@omnicare.com](mailto:Chadd.Eno@omnicare.com)
  - o Pharmerica (Innovatix): [ImmunizeLTC@pharmerica.com](mailto:ImmunizeLTC@pharmerica.com)
  - o SNP Pharmacy LLC (MHA): [vaccines@snp-rx.com](mailto:vaccines@snp-rx.com)

**UPDATED:** Please view contact information for [additional retail pharmacies](#) that offer on-site clinics:

If you have residents that are immobile or unable to leave the facility (such as those with dementia or behavioral health challenges) and the resources above are not able to accommodate your facility for an on-site vaccination clinic, please email [COVID-HealthCareStatus@sdcounty.ca.gov](mailto:COVID-HealthCareStatus@sdcounty.ca.gov). **Due to a high number of requests, it may take our County team a few weeks to complete incoming vaccination clinic requests.**



### Get Free At-Home COVID Tests

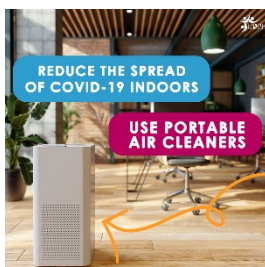
Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests through [covidtests.gov](https://covidtests.gov). Health insurers (including Medicaid and CHIP) will also be required to cover [up to 8 home COVID-19 tests](#) per month per member. [Learn more](#) about how to get these COVID-19 home tests for free.



### COVID-19 Testing Toolkit

The Public Health Communications Collaborative has a new [COVID-19 testing toolkit](#) to help answer questions about

different kinds of COVID-19 tests, when to get tested, how to get free tests, and what to do after getting test results.



### Think About Ventilation

You can reduce COVID-19 risk by keeping windows and doors open when possible, and also by keeping HVAC systems running as much as possible. Visit the CDPH [Ventilation Tips for Reducing COVID Risk Indoors toolkit](#) for more information and resources.



### Visiting Healthcare Settings

Planning a visit to a hospital or nursing home? Visit the [revised toolkit](#) to help inform Californians about current rules for visiting hospitals and nursing homes.



### Case Reports Down, But Increased Deaths are Reminder to Get Vaccinated, Boosted

New lab-confirmed COVID-19 infections are beginning to decline in the region, but actual case counts may be higher due to the increasing popularity and availability of home antigen tests, results of which are not reported to the county. Visit the [County News Center](#) for more information.



### What Mask Should I Wear?

Along with getting vaccinated and boosted, wearing a well-fitting mask over your mouth and nose in indoor public settings or crowds is crucial to protect yourself and others from COVID-19. Visit the [CDC - Your Guide to Masks](#) and the [Shareable Graphic: What Mask Should I Wear?](#) for more information.



## Updated COVID-19 Vaccine Recommendations

The CDC has [recommended](#) that individuals to receive a mRNA COVID-19 vaccine (Pfizer or Moderna) over the Johnson & Johnson vaccine, including for booster doses. For more information, visit the [Clinical Considerations for Use of COVID-19 Vaccines](#).



## Oral Antiviral Treatments for COVID-19

Oral antiviral medications and monoclonal antibodies may help reduce the risk of developing severe illness in high-risk patients with mild or moderate COVID-19. Additional information, including a link to the therapeutics locator, can be found at [Outpatient Therapies for COVID-19](#). Please visit the [Treatment for COVID-19 Information for Patients Website](#) for more information on how to obtain these treatments.



## COVID-19 Omicron Variant

To [protect yourself from the Omicron variant](#), you can get vaccinated and get a booster if you qualify, wear a well-fitting mask, get tested if you have COVID-19 symptoms, wash your hands frequently, and practice physical distancing.

**Resources:** Answers to Tough Questions: [Omicron Variant](#) | [CDPH Fact Sheet: Omicron Variant](#) | [CDC: Omicron Variant: What You Need to Know](#)



## COVID-19 Booster Dose

The COVID-19 booster dose is recommended for everyone ages 16 and older. No-cost booster vaccines are widely available throughout the region, including at medical providers' offices, pharmacies, health clinics, and County vaccination locations.

Visit [coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine) for more information.

**Resources:** [COVID-19 Booster Vaccines](#) | [Boosters Questions & Answers](#) | [Booster Dose Messaging & Outreach Tools](#)

## COVID-19 Vaccination & Testing



- [COVID-19 Vaccine Eligibility](#)
- [COVID-19 Vaccination in San Diego County](#)
- [Testing in San Diego County](#)
- [COVID-19 Testing Options](#)
- [Video: How to Use a COVID-19 Self-Test](#)



## Local Doctors Address COVID-19 Misinformation

An independent panel of local doctors participated in a virtual event that addressed COVID-19 misinformation on February 9th. Watch the COVID-19 Misinformation Panel in English or Spanish [here](#).



## Monoclonal Antibody Therapy

Monoclonal antibodies are used for treatment to keep eligible individuals from getting very sick and/or hospitalized due to COVID. Oral antiviral medications and monoclonal antibody treatment should be administered as soon as possible after a positive SARS-CoV-2 test, but no later than 5 days after symptom onset (for oral antivirals) and no later than 10 days after symptom onset (for monoclonal antibodies). Call (619) 685-2500 for more information or to schedule an appointment. You are also encouraged to talk to your doctor to see if you are medically eligible for this treatment. To learn more, visit the [COVID-19 Health Professionals Website](#).



## COMMUNITY RESOURCES



### American Heart Month

Each February, the National Heart, Lung, and Blood Institute (NHLBI) and The Heart Truth celebrate American Heart Month by motivating everyone in the U.S. to adopt healthy lifestyles to prevent heart disease. Explore the NHLBI's [The Heart Truth](#) and [#OurHearts](#) campaign websites for information and resources on heart healthy living, including [health education materials developed for community health workers](#) and tailored to minority communities.



### Black History Month

During Black History Month, the HHS Office of Minority Health is celebrating the achievements of Black communities and honoring the significant role and impact they have made on all facets of life and society throughout U.S. history. [Black Health and Wellness](#) acknowledges those who have positively impacted the health and wellness of Black communities. Visit the [OMH Black History Month website](#) to find information and resources on key health concerns impacting the Black community, prominent historical figures within the medical field, and downloadable materials.



### Love Your Heart Week of Action

Join the Heart Health Movement this February! The best way to know if you have high blood pressure is to have it checked, so take control of your heart health by knowing your numbers and what they mean. Make an appointment with your primary care physician or check it with a home blood pressure cuff. Visit [LoveYourHeartSD.org](#) to learn more.



## Healthier Living Workshops

This February, Aging & Independence Services is offering several virtual and in person Healthier Living workshops. Participants learn how to set goals for their health and stick to them, read food labels and meal plan, manage stress and difficult emotions, talk with their healthcare provider about symptoms, and more. Visit the [Healthier Living](#) website for class schedules and more information.



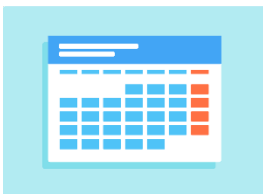
## Get Your Flu Vaccine!

The influenza vaccine is available at doctors' offices, pharmacies, the County's six Public Health Centers, and local community clinics. Californians can also schedule a flu vaccine appointment on [My Turn](#). [Learn more about the flu](#) and find a vaccination site near you.



## Urgent Need for Blood

There is a critical need for all blood types, and local patients rely on caring blood donors like you to stay healthy and thrive! Make an appointment today at [sandiegobloodbank.org/donate](http://sandiegobloodbank.org/donate) or call (619) 400-8251.



## Community Testing, Vaccination, & Outreach Events

Visit the [Community Testing, Vaccination, and Outreach Events Calendar](#) for upcoming events in San Diego County. You can also submit events to be added to this calendar online.