



## Live Well San Diego LONG-TERM CARE FACILITIES



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### TELEBRIEFING

Upcoming Telebriefing will be **Thursday, February 10, 2022, 2:00-3:00 PM**

[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

### SECTOR ANNOUNCEMENTS

February 9, 2022

This week, the [California Department of Public Health \(CDPH\) released new guidance for the use of face masks](#). **As of February 16, 2022**, universal masking shall remain required in only specified settings and only unvaccinated persons are required to mask in all indoor public settings. Fully vaccinated individuals are recommended to continue indoor masking when the risk may be high. Masks are required for all individuals in Long-Term Care settings and Adult and Senior Care Facilities.

In addition, CDPH released a [State Public Health Officer Order](#) amending the Order of December 31, 2021, that increased requirements for indoor visitation. The increased requirements expired on February 7, 2022, and indoor visitation requirements now reflect those that were in place prior to December 31 in all covered settings. You can also reference the following [AFL 22-07](#) and [PIN 22-07-ASC](#) that gives more detailed, aligned guidance with the updated State Public Health Order on visitation. You can also find the latest communication tools, resources, and guidance from CDPH in their weekly newsletters. Click [here](#) to view their latest update.

Lastly, we would like to share that on February 10, 2022, at 10:30 AM, the Department of Social Services (DSS) will be hosting a webinar to discuss a Community Care Expansion (CCE) Request for Application (RFA). Please register for the webinar [here](#) if you would like to attend. More information about this webinar can be found below in the DSS section.

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
- Visit [CDPH Survey](#) to request on-site booster assistance for residents who are immobile or unable to leave the facility
- If these resources are unable to provide assistance for your immobile residents who need boosters, 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)
- 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 22-07](#) Guidance for Limiting the Transmission of COVID-19 in Skilled Nursing Facilities
- [AFL 22-08](#) Appeal Procedures for Direct Care Service Hours Per Patient Day Penalties
- [AFL 20-34.5](#) Suspension of Regulatory Enforcement of Specified ADHC Requirements
- [PIN 22-07-ASC](#) Updated Statewide Visitation Waiver, and Testing and Vaccination Verification Guidance for Visitors Related to COVID-19

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 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.

**NEW!** [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.

**NEW!** [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.

[AFL 22-04](#) to General Acute Care Hospitals, Special Hospitals, Skilled Nursing Facilities, Congregate Living Health Facilities, and Hospice Facilities, January 26, 2022

Notifies facilities of the chaptering of [SB 311 \(Chapter 384, Statutes of 2021\)](#) permitting the use of medicinal cannabis by terminally ill patients.

[AFL 22-05](#) to Hospice, January 26, 2022

Notifies hospices of the chaptering of [SB 353 \(Chapter 488, Statutes of 2021\)](#) extending the PCPP until January 1, 2027 and updating the PCPP reporting deadlines.

[AFL 22-06](#) to Skilled Nursing Facilities, January 26, 2022

Announces the opening of the application period for SNFs requesting a PNW and WSW for fiscal year 2022-2023.

[AFL 21-08.7](#) to General Acute Care Hospitals, Acute Psychiatric Hospitals, and Skilled Nursing Facilities, January 8, 2022

Notifies facilities that until February 1, 2022, HCP who test positive for SARS-CoV-2 and are asymptomatic, may return to work immediately without isolation and without testing, and HCPs who have been exposed and are asymptomatic may return to work immediately without quarantine and without testing. These HCPs must wear an N95 respirator for source control.

[AFL 22-01](#) to All Facilities, January 7, 2022

Provides the rollout schedule for centralization of the program flexibility process by district office and prioritization criteria for registering users for the online application. This AFL announces the new online application for Program Flexibility and Patient Needs Waiver and Workforce Shortage Waiver Applications and provides information on how to register as a user.

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



## California Department of Social Services

**NEW!** [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!** On February 10, 2022, at 10:30 AM, the Department of Social Services (DSS) will be hosting a webinar to discuss a Community Care Expansion (CCE) Request for Application (RFA). Please register for the webinar [here](#) if you would like to attend.

**Description:** Learn about the joint California Department of Health Care Services (DHCS) and Department of Social Services (DSS) Request for Applications (RFA). This RFA encompasses the DHCS Behavioral Health Continuum Infrastructure Program (BHCIP) Round 3 funding for launch ready projects and DSS Community Care Expansion (CCE) Capital Expansion program funding.

BHCIP Launch Ready grants (\$518.5M) will provide funding to construct, acquire, and rehabilitate real estate assets to expand the behavioral health continuum of treatment and service resources in settings serving Medicaid beneficiaries. Proposed behavioral health infrastructure projects must demonstrate they have been through a planning process and are ready for implementation. These applications will only be accepted from projects that are determined to be launch ready and are submitted according to the timeline in the RFA.

CCE Capital Expansion grants (\$570M) are for acquisition, construction, and rehabilitation to preserve and expand adult and senior care facilities serving Supplemental Security Income/State Supplementary Payment (SSI/SSP) and Cash Assistance Program for Immigrants (CAPI) applicants and recipients, including those who are experiencing or at risk of homelessness.

[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](#).

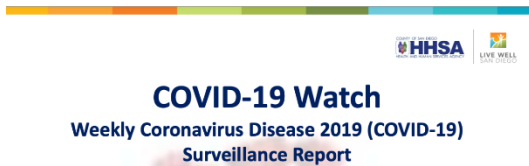
[See the full list of recent PINs](#)

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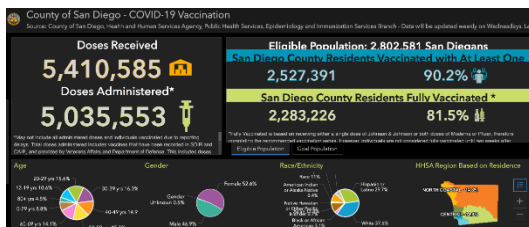
## COVID-19 UPDATES & RESOURCES

**COVID-19 in San Diego County**





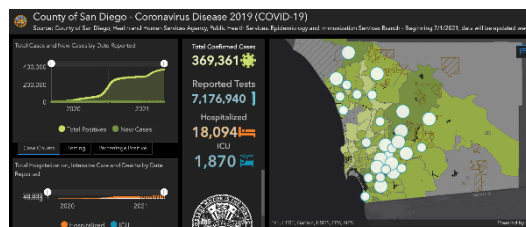
## [COVID-19 Watch: Weekly COVID-19 Surveillance Report \(2/2/22\)](#)



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



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



## [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/cair-sdir/enrollment.html>
2. Contact your pharmacy to determine if they are enrolled in the FRPP.
  - 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.
  - 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:
- Guardian Pharmacy Services (MHA): [cvrs@guardianpharmacy.net](mailto:cvrs@guardianpharmacy.net)
  - Omnicare of San Diego: [Chadd.Eno@omnicare.com](mailto:Chadd.Eno@omnicare.com)
  - Pharmerica (Innovatix): [ImmunizeLTC@pharmerica.com](mailto:ImmunizeLTC@pharmerica.com)
  - 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.

## Planning to Visit a Hospital?

Here's what you need to know...



## Visiting Healthcare Settings

Planning a visit to a hospital or nursing home? COVID-19 prevention rules for visitors to healthcare settings were recently updated, and will be in effect until at least February 7, 2022. 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.

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## Mask Mandate for Indoor Public Places

Starting on December 15, Californians must wear a mask in all indoor public settings, regardless of their vaccination status. **The indoor face covering mandate was extended at least through February 15, 2022** and then will be reevaluated. For more information, check out the [CDPH Face Coverings Q&A](#). [Masking signage](#) has also been updated.

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## Updated Mega Events Guidance

The [CDPH Beyond the Blue Print for Industry and Business and Sectors Guidance](#) was updated on December 31. People who cannot provide proof of full COVID-19 vaccination status at a Mega Event must get a negative COVID-19 test result within 1 day for an antigen test and 2 days for a PCR test before the event.

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## 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](#)

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## 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.

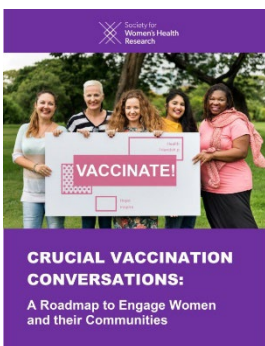
**Resources:** [COVID-19 Booster Vaccines](#) | [Boosters Questions & Answers](#) | [Booster Dose Messaging & Outreach Tools](#)

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## CDPH Toolkit: Prevent a Winter COVID-19 Surge

In response to the increase in cases and hospitalizations, and to slow the spread of Delta and the Omicron variants, CDPH created a toolkit to help [Prevent a Winter COVID-19 Surge](#). Visit the toolkit for a fact sheet and social media messages to share with your networks.



## Crucial Vaccination Conversations: A Roadmap to Engage Women and Their Communities

As women make approximately 80 percent of household decisions about health care in their families, women caregivers play an important role in immunization education. The Society for Women's Health Research created [Crucial Vaccination Conversations: A Roadmap to Engage Women and Their Communities](#), which is a flexible, open-ended tool for community vaccine outreach.

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## 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 brought up by members of the public at the January 11 County Board of Supervisors meeting. Watch the COVID-19 Misinformation Panel in [English](#) and [Spanish](#).

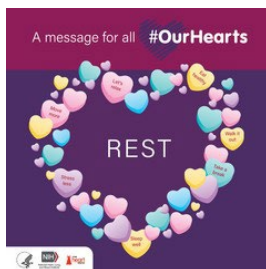


## Monoclonal Antibody Therapy

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.



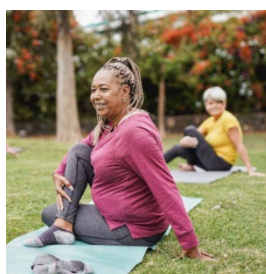
## Black History Month

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.

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### Get Your Flu Vaccine!

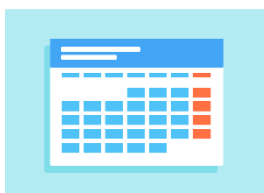
The influenza vaccine is available at doctors' offices, pharmacies, the County's six Public Health Centers, and local community clinics. Californians can also schedule a flu vaccine appointment on [My Turn](#). [Learn more about the flu](#) and find a vaccination site near you.



### 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](https://sandiegobloodbank.org/donate) or call (619) 400-8251.

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### 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.