



Live Well San Diego LONG-TERM CARE FACILITIES



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TELEBRIEFING

Upcoming Telebriefing will be **Thursday, June 23, 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

June 15, 2022

The Community Care Licensing Division (CCLD) invites all Adult and Senior Care Program Licensees staff to join their information call on Wednesday, June 15, 2022, from 1:00 PM to 2:30 PM to review new and current COVID-10 updates on the second booster, Test to Treat program, and infection control plan forms. This call will focus on: (1) providing updates on COVID-19; (2) providing updates on the second booster for COVID-19; (3) reviewing the Test to Treat program; (4) reviewing infection control plan courtesy forms;

and (5) answering your questions. Please see [PIN 22-19-ASC](#) for information on Zoom call access and the featured panel.

The Department of Social Services would also like to inform Residential Care Facility for the Elderly Licensees of National Alzheimer's and Dementia Resource Center (NADRC) "[Dementia Training Resources for Professionals and Volunteers](#)," which provides links to training and educational materials for professionals and volunteers working with people living with Alzheimer's Disease and Related Dementias (ADRD). Not to mention, **NADRC trainings can be used to satisfy statutory requirements** for dementia care training applicable to RCFEs in Health and Safety Code sections [1569.625](#) and [1569.626](#).

Finally, we would like to share a resource that has been helpful for many long term care facilities and other healthcare entities during the pandemic and outside of disasters. The San Diego Healthcare Disaster Coalition (SDHDC) is a regional organization that promotes engagement, coordination, communication, and situational awareness between community partners and private and public sectors prior to, during, and after an incident/disaster. Facilities have the opportunity to attend meetings where important trainings, exercises, disaster planning, and County and partner updates occur. **Please click [here](#) to see the many benefits of being a part of the SDHDC and how to join.**

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

Vaccines and Boosters

- 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 and one of our team members can help you.

Testing

- Visit the [County's webpage](#) to find free 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
- if you're a SNF and in need of test kits for visitors, please email MOC.LOGS.HHSA@sdcounty.ca.gov
- If you are a California Department of Social Services (CDSS)-licensed facility and in need of Over-The-Counter COVID-19 test kits that can now be used for visitors,

staff, or residents, please email moc.logs.hhsa@sdcounty.ca.gov. These kits do not require a CLIA waiver.

- You can request free, at-home COVID-19 tests for personal use from the federal government. See more details [here](#). U.S. households can place a total of 3 separate orders for free, at-home COVID-19 rapid tests (4 tests per order).
- If you have a health plan, you can purchase over-the-counter COVID-19 tests at no cost. See more details [here](#).

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

- [AFL 22-14](#) This AFL seeks responses from interested parties to potentially serve temporary managers in skilled nursing facilities and describe the qualifications for temporary manager.
- [AFL 22-13](#) COVID-19 Mitigation Plan Recommendations for Testing of Health Care Personnel and Residents at Skilled Nursing Facilities.
- [PIN 22-19-ASC](#) Announces an upcoming informational call with Adult and Senior Care (ASC) licensees and their staff on June 15, 2022 to review new and current COVID-19 updates on the second booster, Test to Treat program, and infection control plan forms.

For other questions, email COVID-LTC@sdcounty.ca.gov or for more information for long-term care facilities, visit 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 22-14](#) to All Facilities, June 13, 2022

This AFL seeks responses from interested parties to potentially serve as temporary managers in skilled nursing facilities (SNFs) and describes the qualifications for a temporary manager.

NEW! [AFL 22-13](#) to Skilled Nursing Facilities, June 9, 2022

This AFL incorporates updated recommendations from the California Department of Public Health (CDPH) for SNFs conducting diagnostic screening testing of SNF HCP and response testing of SNF residents and HCP to prevent spread of COVID-19 in the facility informed by [CDC recommendations](#) and Centers for Medicare and Medicaid Services requirements.

This AFL includes [updated CDC guidance](#) related to quarantine and outbreak investigations. This AFL revision incorporates the January, 25 2022 amended [Public Health Order](#) requiring SNF HCP to receive boosters and complete their primary series and booster dose by March 1, 2022, unless exempt. This revision also updates the testing requirements to require twice weekly COVID-19 testing for unvaccinated exempt HCP and booster-eligible HCP who have not yet received their booster. CDPH continues to recommend that all HCP in SNFs (including those that have completed their primary series and booster dose) undergo at least twice weekly screening testing wherever feasible.

[AFL 22-10](#) to All Facilities, May 16, 2022

This AFL provides notice of supply chain issues related to availability of radiologic contrast media for imaging studies affecting all health facilities in the United States. It is expected that this shortage will impact health facility operations until late June 2022. This AFL provides helpful links to guidance developed for healthcare facilities on actions to consider in managing the current contrast media shortage.

[AFL 21-08.8](#) to Skilled Nursing Facilities, March 7, 2022

The purpose of this AFL is to provide hospitals and SNF with updated guidance on exposure risk assessment and work restriction for asymptomatic HCP with SARS-CoV-2 exposures (quarantine) Work restrictions for HCP diagnosed with SARS-CoV-2 infection (isolation). This revision incorporates updated Centers for Disease Control and Prevention (CDC) guidance on [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#) and [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#). Pursuant to Welfare and Institutions Code section 14126.033 a SNF's receipt of the annual increase in the weighted average Medi-Cal reimbursement rate may be conditioned on the facility's good faith compliance with CDPH AFLs related to the COVID-19 Public Health Emergency, as a result the recommendations included in this AFL are requirements for SNFs. This AFL update supersedes and removes the temporarily adjusted return-to-work criteria in place from January 8, 2022 – February 1, 2022, which was not renewed. **Hospitals should and SNFs must now resume using the table, below, to guide work restrictions for HCP with SARS-CoV-2 infection and for asymptomatic HCP with exposures based upon HCP vaccination status and facility staffing level.**

[Recent AFLs](#)



California Department of Social Services

NEW! [PIN 22-19-ASC](#) to All Adult and Senior Care Program Licensees, June 10, 2022
Announces an upcoming informational call with Adult and Senior Care (ASC) licensees and their staff on June 15, 2022 to review new and current COVID-19 updates on the second booster, Test to Treat program, and infection control plan forms

[PIN 22-04-CCLD](#) to Adult and Senior Care Licensees and Home Care Organization Licensees, June 06, 2022
PIN 22-04-CCLD provides information about assistance available through Test to Treat initiative that gives individuals an important way to access free treatment for Covid-19 through nationwide pharmacy based clinics, federally funded health centers, and long term care facilities.

[PIN 22-18-ASC](#) to all Adult and Senior Care Providers June 03, 2022
PIN 22-18-ASC announces the release of the Infection Control Plan courtesy forms for Adult and Senior Care (ASC) facilities with the exception of Adult Residential Facilities for Persons with Special Health Care Needs.

[PIN 22-02-CCLD](#) to all Community Care Licensing Facilities Licensees, May 31, 2022
PIN 22-02-CCLD provides information on the Everbridge Emergency Notification System and how it will continue to be used to notify licensees, in advance of, or during disasters such as wildfires and Public Safety Power Shutoffs. Additionally, Everbridge may be used to notify licensees when other types of disasters occur, such as, but not limited to, earthquakes and flash floods. For additional information on the use of Everbridge, please see PIN 21-14-CCLD, issued on August 10, 2021.

[PIN 22-01-CCLD](#) to all CCLD Providers and Licensees, May 23, 2022
PIN 22-01-CCLD notifies providers of the updated requirement for specific individuals to maintain a valid mailing address and notify the Department within ten (10) days of any change to their mailing address.

[PIN 22-17-ASC](#) to all Adult and Senior Care Program Licensees, May 19, 2022
PIN 22-17-ASC announced an informational call with Adult and Senior Care (ASC) licensees and their staff on May 25, 2022 to review new and current COVID-19 updates and testing, quarantine, and isolation guidance. [PowerPoint Presentation](#).

[PIN 22-16-ASC](#) to all Adult and Senior Care Program Licensees, May 13, 2022

PIN 22-16-ASC supersedes PIN 21-32.1-ASC, dated August 11, 2021, supersedes in part PIN 20-38-ASC, dated October 6, 2020, related to facility staff who fully recovered from COVID-19 infection and continue to test positive 90 days after infection, and supersedes in part PIN 20-23-ASC, dated June 26, 2020, related to testing of new or returning facility staff. This PIN includes guidance on routine diagnostic screening testing for facility staff, and guidance on diagnostic and response testing for residents and staff.

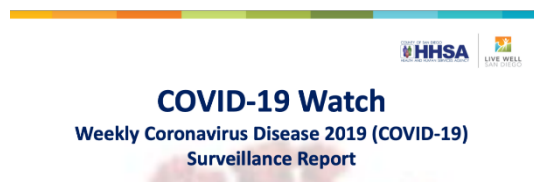
[PIN 22-15-ASC](#) to all Adult and Senior Care Program Licensees, May 13, 2022

PIN 22-15-ASC supersedes PIN 21-12-ASC, dated February 10, 2021, supersedes in part PIN 21-17.2-ASC, dated May 14, 2021, supersedes in part PIN 21-49-ASC, dated November 17, 2021 and supersedes in part PIN 20-38-ASC, dated October 6, 2020, and provides updated guidance related to resident cohorting, isolation and quarantine, staffing considerations, and use of Personal Protective Equipment (PPE) based on the resident's COVID-19 status.

[Recent PINs](#)

COVID-19 UPDATES & RESOURCES

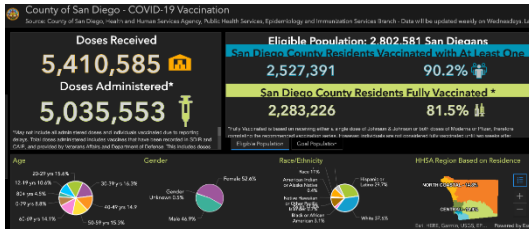
COVID-19 in San Diego County



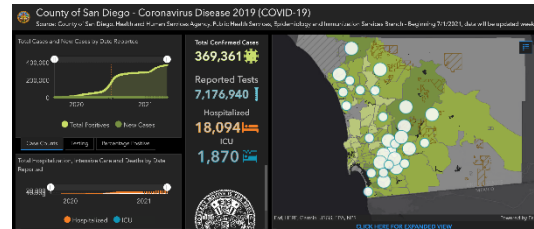
[COVID-19 Watch: Weekly COVID-19
Surveillance Report](#) (6/9/22)



[COVID-19 Weekly
Update Presentation](#) (6/9/22)



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



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

PREVENTION

COVID-19 Vaccines - Cornerstone of Prevention



Second COVID-19 mRNA boosters are authorized for all persons ≥ 50 years of age and for persons ≥ 12 years of age with moderate to severe immunosuppression. A study published in the NEJM demonstrated increased [Vaccine Effectiveness with the Second Booster](#), when given at least 4 months after the first booster.

Please email COVID-HealthcareStatus@sdcounty.ca.gov if your facility would like onsite assistance from the Rapid Response Team (RRT) to administer vaccinations and boosters for immobile residents.



EVUSHELD INFORMATIONAL SHEET SUMMARY

Pre-Exposure Prophylaxis for COVID-19

A Prescription Guide for Providers

Evusheld is a combination of tixagevimab plus cilgavimab monoclonal antibodies issued under Emergency Use Authorization (EUA) for individuals: (1) who do not have COVID-19, (2) who have not been recently exposed to COVID-19, **AND** (3) who are severely to moderately immunocompromised **OR** who are not able to be fully vaccinated **with any available COVID-19 vaccine** due to a history of severe adverse reaction to a COVID-19 vaccine or any of its components.

Dosage and Administration

Evusheld is only for pre-exposure prophylaxis. A negative COVID test is required 5 days prior to administration along with a history of no known recent exposures. If a person has received a COVID-19 vaccine, Evusheld should be administered at least 2 weeks after vaccination. The drug is not authorized for treatment of COVID-19. One dose of Evusheld, administered as two separate gluteal 3 mL injections consecutively (one 300-mg injection per monoclonal antibody), likely provides protection in the 3-month range with new variants. A one-hour observation period is required following treatment. Limited data inform the timing of repeat doses and are not included in the current EUA.

Dosing for individuals who initially received 150 mg of tixagevimab and 150 mg cilgavimab: Initial dose ≤ 3 months prior: 150 mg tixagevimab and 150 mg cilgavimab; Initial dose > 3 months prior: 300 mg tixagevimab and 300 mg cilgavimab.



Evusheld Injection

Evusheld is a combination monoclonal antibody indicated for prevention (pre-exposure prophylaxis) of COVID-19 for adults and pediatric individuals (≥ 12 years of age, weighing at least 40kg) with [moderate or severe immunosuppression](#) or who have had a severe allergic reaction to COVID-19 vaccine. Evusheld reduces the relative risk of getting COVID by up to 77%. Persons eligible include those who:

- Are receiving active cancer treatment
- Received an organ transplant and are taking medicine to suppress the immune system
- Have moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Have advanced or untreated HIV infection
- Take high-dose corticosteroids or other drugs that may suppress their immune response

Evusheld Availability:

Evusheld can be found throughout San Diego at hospital systems, medical groups, and community health centers using the [therapeutics locator](#), and at Family Health Centers of San Diego by completing a [treatment request form](#). For more information, call ASPR at 1-800-232-0233.

If your skilled nursing facility is interested in Evusheld, please email MCSDNursingM_MAT.HHSA@sdcounty.ca.gov for more information. Please note that the County is available to provide both the drug **and** the administration for qualifying patients at your facility.

If your facility is interested in carrying Evusheld, email moc.logs.hhsa@sdcounty.ca.gov to learn more about becoming a provider.

[Evusheld Informational Flyer](#)

TREATMENT



PAXLOVID INFORMATIONAL SHEET SUMMARY

ORAL ANTIVIRAL MEDICATIONS TO TREAT MILD TO MODERATE COVID-19

A Prescription Guide for Providers

PAXLOVID is a combination of nirmatrelvir and ritonavir protease inhibitors issued under Emergency Use Authorization (EUA) for treatment of mild to moderate COVID-19 in adults and children older than 12 years and weighing at least 40 kg. Nirmatrelvir inhibits the SARS-CoV-2 main protease preventing viral replication. Ritonavir inhibits the CYP3A-mediated metabolism of nirmatrelvir, resulting in increased plasma concentrations of nirmatrelvir.

The medication has EUA for those at high risk for progression to severe COVID-19, including hospitalization and death. PAXLOVID is not authorized for patients requiring hospitalization or for pre-exposure or post-exposure prophylaxis.

Dosage and Administration

- Initiate as soon as possible after diagnosis of COVID-19 and **within 5 days** of symptom onset
- 300 mg (two 150-mg tablets) nirmatrelvir and one 100-mg tablet ritonavir all taken together twice daily for 5 days.
- For moderate renal impairment (eGFR ≥ 30 to <60 mL/min): 150 mg nirmatrelvir (one 150-mg tablet) with 100 mg ritonavir (one 100-mg tablet) taken together twice daily for 5 days.
- PAXLOVID is not recommended in patients with severe renal impairment (eGFR <30 mL/min) or severe hepatic impairment (Child Pugh Class C)
- Take with or without food. Swallow all tablets whole – do not chew, break, or crush tablets.
- If a dose is missed within 8 hours, take as soon as possible and resume normal dosing schedule. If missed by more than 8 hours, do not take the missed dose. Instead take the next dose at the regularly scheduled time.



Paxlovid Oral Therapy - First Line of Therapy

Paxlovid is a combination of protease inhibitors to treat mild to moderate COVID-19 in high-risk outpatient adults and children over 12, weighing at least 40kg. Paxlovid reduces the relative risk of hospitalization and mortality by up to 88%. The potential for Drug Interactions can be checked using the [Liverpool COVID-19 Interactions Tool](#). Please note that there is potential for extensive drug-drug interaction which can either result in high levels of co-administered drug or result in increased clearance. Additionally, dosage and administration must be modified for patients experiencing Renal failure.

Paxlovid Availability:

Paxlovid requires a prescription. The [therapeutics locator](#) identifies pharmacies and community health centers that may carry Paxlovid.

Paxlovid Informational Flyer

BEBTELOVIMAB INFORMATIONAL SHEET SUMMARY

4 April 2022



Monoclonal Antibody for Treatment of COVID-19

A Prescription Guide for Providers

The U.S. Food and Drug Administration (FDA) issued Emergency Use Authorization (EUA) of intravenous bebtelovimab monoclonal antibody for the treatment of mild-to-moderate COVID-19 in adults and pediatric patients (12 years of age and older weighing at least 40 kg [88 lbs]). Bebtelovimab is a human immunoglobulin G1 (IgG1 variant) monoclonal antibody composed of 449 amino acids produced by a cell culture or cell line. Bebtelovimab binds the spike protein of SARS-CoV-2 virus and blocks attachment to the human ACE2 receptor. Of significance, bebtelovimab is active against the BA.2 Omicron variant.

Dosage and Administration

Dosage of bebtelovimab in adults and pediatric patients (≥ 12 years of age and weighing at least 40 kg [88 lbs]) is 175 mg/2 mL. The medication should be administered as soon as possible after positive results of SARS-CoV-2 viral testing and within 7 days of symptom onset. The medication is administered as a single intravenous injection over at least 30 seconds. After the entire contents of the syringe has been administered, flush the injection line with 0.9% sodium chloride to ensure delivery of the required dose.



Bebtelovimab Intravenous - Minimum 30 Second Infusion

Monoclonal antibody treatment for mild to moderate COVID-19 reduces risk of hospitalization and death 70% in those with a risk of progression to severe COVID-19.

Bebtelovimab Availability:

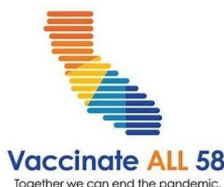
Bebtelovimab is available at the Monoclonal Antibody Regional Centers (**MARCs**) located throughout San Diego County to medically eligible individuals who are 12 years of age and older. Call **619-685-2500** to access a MARC site, open 7 days a week, There is no cost to patients, regardless of insurance or immigration status. Provider referral is not required.

If your skilled nursing facility is interested in monoclonal antibody treatment, email MCSDNursingM_MAT.HHSA@sdcounty.ca.gov for more information. Please note that the County is available to provide both the drug **and** the administration for qualifying patients at your facility.

Bebtelovimab can also be found at other sites using the [therapeutics locator](#).

If your facility is interested in carrying Bebtelovimab, email moc.logs.hhsa@sdcounty.ca.gov to learn more about becoming a provider.

[Bebtelovimab Informational Flyer](#)



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): cvs@guardianpharmacy.net
 - Omnicare of San Diego: Chadd.Eno@omnicare.com
 - Pharmerica (Innovatix): ImmunizeLTC@pharmerica.com
 - SNP Pharmacy LLC (MHA): 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.



New! COVID-19 Resources

As COVID-19 cases are increasing in San Diego County, we know many people have questions about what they can do. Visit these links for quick COVID-19 resources in San Diego County.

- COVID-19 Vaccine & Booster: [COVID-19 Vaccine](#)
- What to do if you have [COVID-19 Case Guide](#)
- What to do if you have been exposed to COVID-19: [COVID Contact Guide](#)
- COVID-19 Treatment: [Treatment](#)



New! Novavax Vaccine

The FDA Advisory Panel [unanimously approved the recommendation](#) for the Novavax COVID-19 vaccine on June 7th. The Novavax COVID-19 vaccine is for adults ages 18 and older, with two doses given 21 days apart, and was found to be 90.4% effective at preventing infection. The outcomes were based on COVID-19 strains that are not currently circulating.



New! COVID-19 Vaccine Boosters

Boosters are an important part of protecting yourself from getting seriously ill or dying from COVID-19. They are recommended for most people. It is never too late to get the added protection offered by COVID-19 boosters. For more information, visit the CDC's [COVID-19 Vaccine Boosters](#) webpage.



New! County Surpasses 800,000 COVID-19 Cases

The County Health and Human Services Agency reported on June 9th that more than 800,000 COVID-19 cases have been reported in San Diego County since the start of the pandemic. County public health professionals are reminding residents that masking is particularly important when traveling or moving through crowded indoor spaces, as is avoiding large gatherings as we reach this somber milestone. For more information visit the [County News Center](#).



Masks are Still Strongly Recommended

COVID-19 cases are on the rise nationwide. The California Department of Public Health encourages individuals to share their [social media messages](#) that strongly encourage masking when in crowded indoor public spaces.



Free At-Home COVID-19 Tests

Every home in the U.S. is now eligible to order 8 additional at-home, rapid COVID-19 tests. Getting tested, along with vaccinations and masking, help reduce the chances of spreading COVID-19 and its variants. For free at-home COVID-19 tests, visit covidtests.gov.



Where to Find Testing and Treatment for COVID-19

Treatment is available to eligible individuals who test positive for COVID-19. You can find treatment here:

- [Monoclonal Antibody Regional Centers](#) (MARC) COVIDtreatment@sdcountry.ca.gov or call 619-685-2500
- [OptumServe](#) "Test to Treat" sites 1-888-634-1123
- Call 2-1-1
- [Medication locator](#) or call 1-800-232-0233
- [Community Health Centers](#)



Counterfeit At-Home COVID-19 Tests

On **May 5**, the U.S. Food and Drug Administration (FDA) issued a warning that counterfeit at-home, over-the-counter (OTC) COVID-19 tests have been distributed or used in the United States. These counterfeit tests should not be used or distributed. The FDA will update its website to list [counterfeit at-home OTC COVID-19 diagnostic tests](#) to alert the public and to provide information on how to identify counterfeit tests.



Airplane Travel Tips: COVID-19 Prevention

As summer approaches, more people will have plans to travel. Visit [How Travelers Can Stay Safe in a Mask-Optional World](#) for prevention tips including: board a direct flight, avoid aisle seats, reserve a window seat near the front and board last to spend the least amount of time in airplane.



COVID-19 Policy Alert Emails

CDPH is now sending periodic policy alert emails summarizing updates to California state public health officer orders and public health mandates related to COVID-19. [Sign up](#) to receive the email alerts.



COVID-19 Vaccination & Testing

- [COVID-19 Vaccine Eligibility](#)
- [COVID-19 Vaccination in San Diego County](#)
- [COVID-19 Vaccine Boosters](#)
- [Testing in San Diego County](#)
- [COVID-19 Testing Options](#)

COMMUNITY RESOURCES



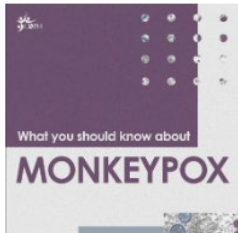
New! June is Men's Health Month!

In honor of [Men's Health Month](#), and [Men's Health Week](#) (June 13 - 19), the Office of Minority Health is featuring a collection of resources on men's health. Resource topics include cardiovascular diseases, prostate cancer, mental health, HIV/AIDS, and more. To view the collection, visit the [online catalog](#).



New! June is Pride Month!

June is Pride month, dedicating every day to celebrate the LGBT community. This year's theme for San Diego Pride is [Justice with Joy](#). Visit [SD Pride](#) to find all of the events and celebrations happening near you!



New! Monkeypox Update

Monkeypox is a rare disease that is caused by infection with the monkeypox virus through close contact with an infected person. Based on the information available, the risk of monkeypox to the public is currently very low but is subject to change. For more information visit the CDC's webpage on [Monkeypox in the United States](#), [Monkeypox Q&A](#), and [Monkeypox Communications Toolkit](#).



Mental Health Resource Guide

The Public Health Communications Collaborative has developed a new [directory of resources](#) to help individuals communicate about mental health. The guide spotlights resources for public health and health professionals, parents and caregivers, employers and employees, youth, and anyone who is looking for general mental health information and guidance on how to connect with a mental health professional.



Free Seeds!

Grow healthy food for yourself and others by picking up free seeds at the San Diego County [libraries](#)! A variety of seeds are available including melons, carrots, cilantro, and more. This is a wonderful way to connect with your library, nature, and the people in your community. Three seed packets will be available per library visit and while supplies last.



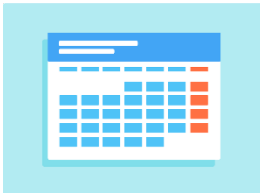
Free Chromebooks for Seniors

[The Center](#) is offering free Chromebooks for seniors who are aged 62 and older, live within the city of San Diego, and are low-income. To find out if you qualify and for more information, email seniors@thecentersd.org or call 619-354-6887.



Medi-Cal Renewals and Eligibility

Annual Medi-Cal renewals and discontinuance of eligibility remain on hold during the COVID-19 pandemic. To ensure that beneficiaries maintain their [Medi-Cal](#) coverage, they are encouraged to [inform the county of any contact information updates](#).



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.