



Live Well San Diego LONG-TERM CARE FACILITIES



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TELEBRIEFING

Upcoming Telebriefing will be **Thursday, July 28, 2022, 2:00-3:00 PM**

[Zoom Meeting Link](#)

[Submit Telebriefing Questions](#)

[Submit Telebriefing Topics](#)

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

SECTOR ANNOUNCEMENTS

July 22, 2022

COVID-19 continues to remain in high community spread in San Diego County. San Diegans should continue taking precautions to slow the spread of the virus. You should:

- Wear a mask indoors when in public
- Get all the vaccine doses and boosters

- Stay home if you are sick and get tested
- Avoid crowded places
- Take other precautions, such as washing your hands and staying away from people who are visibly sick

If you do get COVID-19 treatment is available. Treatment can help prevent high-risk individuals from getting sick enough to need hospital services and even from dying from COVID-19. Please click the following link to find treatment options near you. [Treatment \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/treatment)

Additionally, [Health Advisory Update #54: COVID-19 Vaccine Update: Vaccine Eligibility Down to Six Months of Age](#) is also available. Federal agencies have granted Emergency Use Authorization (EUA) for both Pfizer-BioNTech and Moderna COVID-19 vaccines for primary series for children down to 6 months of age. Pfizer-BioNTech primary series has been authorized for 3 doses and Moderna primary series for 2 doses for children 6 months to 17 years of age. **COVID-19 Vaccines can be co-administered with routine child and adolescent vaccines.** For more information on COVID-19 vaccine administration, please see the link above.

Monkeypox cases are also present in our community. Providers including LTC facilities are requested to report suspected cases to the county. **Reporting suspected cases allows the County to begin contact investigation and scheduling of post exposure prophylaxis (PEP) early.** You can see [Health Advisory #3: Human Monkeypox, testing at commercial Laboratories](#) for more information.

Lastly, Community Care Licensing has published the [Adult & Senior Care Program's Summer 2022 Quarterly Update](#). Inside the issue you can find COVID-19 updates, wildfire season awareness, heat tips and staying cool, newly released resources for providers and consumers, emergency disaster plans and more.

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](#).

Treatment

- Visit [Treatment \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/treatment) for COVID-19 treatment options near you.

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

- [PIN 22-24-ASC](#) Collaboration With Home Health Agencies and Hospice Agencies to Provide Care to Residents
- [PIN 22-23-ASC](#) Adult Day Programs Infection Control Guidance

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

[AFL 22-17](#) to All Health Facilities, July 7, 2022

This AFL informs licensees of FY 2022-23 license renewal fees as approved by the Governor and effective on July 1, 2022.

[AFL 20-35.8](#) to All Facilities, July 5, 2022

This AFL notifies all facilities of a temporary waiver of specified statutory and regulatory requirements for CNAs due to the state of emergency related to the COVID-19 outbreak. In accordance with Executive Order [N-11-22](#) (PDF), issued June 17, 2022, this AFL revision informs all facilities and applicants that the temporary waivers of specified regulatory requirements for initial certification, renewal, and expired certification have been extended until the end of the declared COVID-19 emergency.

[AFL 20-34.7](#) to Adult Day Health Care Centers (ADHCs), June 30, 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. In accordance with Executive Order [N-11-22](#) (PDF), issued June 17, 2022, this AFL extends the temporary waiver of specified regulatory requirements until September 30, 2022. Effective October 1, 2022, ADHCs must be open and providing all basic services in the center.

[AFL 20-49.6](#) to All Facilities, June 30, 2022

In accordance with Executive Order [N-11-22](#) (PDF), issued June 17, 2022, this AFL notifies all facilities that the temporary waiver of specified statutory and regulatory requirements is extended until the end of the declared COVID-19 emergency.

[AFL 20-57.5](#) to All Facilities, June 30, 2022

This AFL notifies all HHA Training Programs of a temporary waiver of specified statutory and regulatory requirements for HHA Training Programs due to the state of emergency related to the COVID-19 outbreak. In accordance with Executive Order [N-11-22](#) (PDF) issued June 17, 2022, this AFL notifies all facilities that the temporary waiver of specified statutory and regulatory requirements is extended until the end of the declared COVID-19 emergency.

[AFL 21-36.3](#) to Skilled Nursing Facilities, June 30, 2022

This AFL notifies skilled nursing facilities (SNFs) of a temporary waiver of specified

regulatory requirements due to the state of emergency related to the Coronavirus Disease 2019 (COVID-19) outbreak. In accordance with Executive Order [N-11-22](#) (PDF), issued June 17, 2022, this AFL extends the temporary waiver of specified space conversion requirements until the end of the declared COVID-19 emergency.

[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.

[Recent AFLs](#)



California Department of Social Services

NEW! [PIN 22-24-ASC](#) to All Residential Care Facility for the Elderly Licensees, July 20, 2022

PIN 22-24-ASC provides guidance to licensees in collaborating with home health agencies (HHAs) and hospice agencies to provide care to residents in Residential Care Facilities for the Elderly (RCFEs). The information provided below is not an exhaustive list of the responsibilities related to working with HHAs and hospice agencies. It is the responsibility of the licensee to ensure all statutes and regulations are followed

NEW! [PIN-22-23-ASC](#) to All Adult and Senior Care Providers, July 18, 2022

PIN 22-23-ASC provides updated guidance on infection control specific to Adult Day Programs (ADP) during the Coronavirus Disease 2019 (COVID-19) pandemic. Specifically, this PIN provides new guidance on participation in day programs, as well as updated guidance on mitigation plans, masking, testing, COVID-19 vaccination, visitors, communal dining, public outings, and transportation. All residential Adult and Senior Care (ASC) licensees with participants in an ADP should review this PIN. This PIN supersedes PIN 21-33-ASC, dated July 27, 2021.

[PIN 22-22-ASC](#) to All Adult Day Program Providers, July 5, 2022

PIN 22-22-ASC announces new regulations related to the use of Emergency Intervention in Adult Day Programs, effective July 1, 2022.

[PIN 22-21-ASC](#) to All Adult and Senior Care Licensees, June 29, 2022

PIN 22-21-ASC supersedes PIN 22-12-ASC, dated March 29, 2022, and notifies Adult and Senior Care (ASC) licensees and Continuing Care Retirement Community providers that pursuant to the Governor's Executive Order N-11-22, dated June 17, 2022, facilities operating under existing California Department of Social Services (CDSS) COVID-19 waivers are permitted to continue operating pursuant to such waivers through the expiration date set forth by CDSS, or for the duration of the Governor's March 4, 2020 Proclamation of a State of Emergency, whichever occurs first.

[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

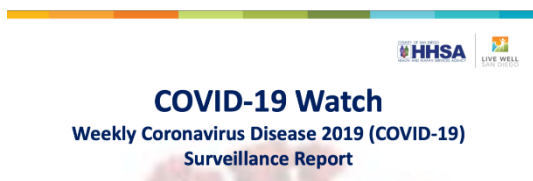
[PIN 22-18-ASC](#) to all Adult and Senior Care Providers June 03, 2022

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.

[Recent PINs](#)

COVID-19 UPDATES & RESOURCES

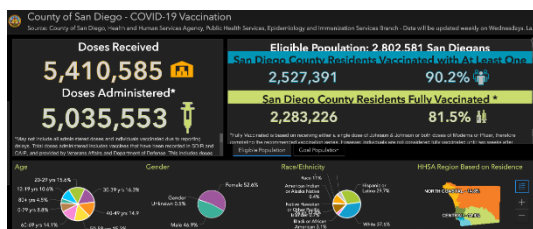
COVID-19 in San Diego County



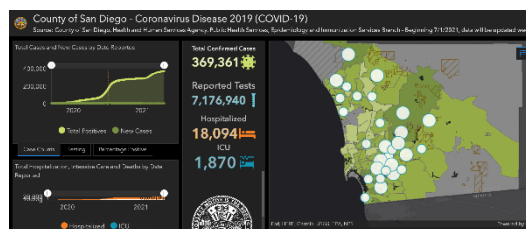
[COVID-19 Watch: Weekly COVID-19
Surveillance Report \(7/21/22\)](#)



[COVID-19 Weekly
Update Presentation \(7/21/22\)](#)



[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

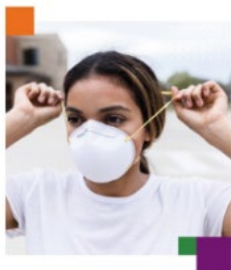
The CDC allocates COVID-19 vaccines directly to enrolled retail and LTC pharmacies. Three LTC-specific groups (MHA, Innovatix-PharMerica, and GeriMed) receive federal doses and allocate them to member pharmacies who can then provide vaccines to LTC facilities. Not

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): cvrs@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.



County Calls for Vigilance as COVID-19 Cases and Hospitalizations Increase

The County of San Diego Health and Human Services Agency is seeing [significant spikes in COVID-19 hospitalizations and new cases](#), including reinfections (San Diegans who have gotten COVID-19 multiple times throughout the pandemic). Due to increased transmission, the County strongly recommends masking, especially in crowded spaces or around people who may be more vulnerable to COVID-19, and staying up to date on your COVID-19 vaccinations and boosters.



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](#)



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.



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.



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](#).



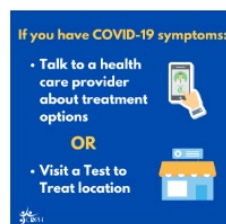
Masks are Still Strongly Recommended

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@sdcounty.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



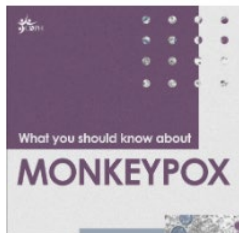
June is Men's Health Month!

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](#).



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!



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.