



Live Well San Diego LONG-TERM CARE FACILITIES



[Facebook](#) | [Twitter](#) | [Instagram](#) | [YouTube](#) | [Tik Tok](#)

TELEBRIEFING

Upcoming Telebriefing will be **Thursday, May 26, 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

May 19, 2022

May is recognized as **[Mental Health Matters Month](#)** to enhance public awareness of mental health and dispel the stigma surrounding it. This year's theme, *Take Action for Mental Health*, is part of California's ongoing mental health movement to help you check-in, learn more, and get support for your own mental health or the mental health of someone you care about.

The California Department of Public Health is notifying health care providers that seasonal influenza activity is gradually increasing, with elevated activity in Central California. [This advisory](#) provides guidance regarding vaccination, testing, and antiviral treatment in the context of co-circulation of influenza and SARS-CoV-2. Influenza vaccination remains reasonable, especially for persons at high risk of severe influenza. Influenza testing and influenza antiviral treatment are recommended in specific clinical scenarios.

If your facility is interested in participating in an emergency preparedness exercise, please submit an [Intent to Participate Form](#) **by June 1, 2022**. This emergency preparedness exercise is specifically for all of our long-term care facilities. Preparatory tabletop exercises will include a 1 hour training and 2 hour discussion (virtual). This exercise will be conducted Thursday, July 21, 2022 and is meant to promote awareness at each facility for disaster preparedness plans, countywide coordination, and helps meet Centers for Medicare and Medicaid Services (CMS) Emergency Preparedness requirements. For questions regarding this exercise or to discuss your intent to participate or to join the core exercise planning team, please reach out to the contacts listed on the form.

Facilities licensed by the California Department of Social Services can participate in a special limited, one-time offering of over-the-counter (OTC) COVID-19 tests. There is no longer a limit in the number of iHealth OTC tests you may request, and these tests may now be used for staff, residents, and visitors alike. Please note that these **tests expire as soon as 5/25/22**. However, CDPH recently endorsed the emergency use of COVID-19 Antigen Tests beyond their FDA authorized expiration, so you may use these tests beyond their expiration as long as the control lines develop appropriately. Please see [here](#) for more information on how to participate in this special offering.

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 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 2 separate orders for free, at-home COVID-19 rapid tests (4 tests per order). If an order was previously placed for your address, you can place a second order now.
- 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 22-10](#) Guidance for Contrast Media Shortage
- [PIN 22-15-ASC](#) Residents cohorting, isolation, and quarantine, staffing, and use of personal protective equipment based on resident COVID-19 status
- [PIN 22-16-ASC](#) Updated diagnostic and response testing guidance for COVID-19

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 22-10](#) 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 20-34.6](#) to Adult Day Health Care Centers (ADHCs), March 16, 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-04-22](#) (PDF), issued February 25, 2022, this AFL extends the temporary waiver of specified regulatory requirements until June 30, 2022.

[AFL 20-49.5](#) to All Facilities, March 16, 2022

This AFL notifies all facilities of a temporary waiver of specified statutory and regulatory requirements for HHAs due to the state of emergency related to the COVID-19 outbreak. In accordance with Executive Order [N-04-22](#) (PDF), issued February 25, 2022, this AFL notifies all facilities that the temporary waiver of specified statutory and regulatory requirements is extended until June 30, 2022.

[AFL 21-36.2](#) to Skilled Nursing Facilities, March 16, 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-04-22](#) (PDF), issued February 25, 2022, this AFL extends the temporary waiver of specified space conversion requirements until June 30, 2022.

[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 22-15-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

NEW! [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.

[Monthly Care Fee Increase Meeting](#) explanatory guide for Residential Care Facilities for the Elderly. Resource guide for CCRCs has been published and is available on CDSS [website](#).

[PIN 22-14-ASC](#) to all Adult and Senior Care Program Licensees, April 15, 2022
Announces an upcoming informational call with Adult and Senior Care (ASC) licensees and their staff on **April 20, 2022** to review new and current COVID-19 requirements and updates.

[PIN 22-13-ASC](#) to all Adult and Senior Care Program Licensees (Except for Adult Residential Facilities for persons with special health care needs), April 4, 2022
PIN 22-13-ASC updates California Code of Regulations (CCR), Title 22, Division 6. This includes a new Infection Control Requirements section and updates to existing infection control prevention standards, as well as for persons in care with a communicable disease, and various other updates. These regulations are intended to ensure that infection control

practices are maintained by licensees, staff and volunteers. These regulations became effective February 7, 2022.

[PIN 22-12-ASC](#) to All Adult and Senior Care Licensees, March 29, 2022

Supersedes [PIN 21-39.1-ASC](#) and notifies Adult and Senior Care (ASC) licensees and Continuing Care Retirement Community providers that pursuant to the Governor's Executive Order N-21-21, dated November 10, 2021, authority for COVID-19 related waivers was extended and the waivers will expire no later than March 31, 2022, or earlier as determined by California Department of Social Services (CDSS).

[PIN 22-05.1-ASC](#) to All Adult and Senior Care Program Licensees, March 18, 2022

Supersedes [PIN 22-05-ASC](#) Adult and Senior Care Facility Worker Coronavirus Disease 2019 (Covid-19) Vaccination and Booster requirements. Workers who provide proof of COVID-19 infection after completion of their primary series may defer booster administration for up to 90 days from date of first positive test or clinical diagnosis. Workers with a deferral due to a proven COVID-19 infection must be in compliance no later than 15 days after the expiration of their deferral.

[Supplemental Guidance](#) for PIN 22-05.1-ASC to Adult and Senior Care Facility Workers Workers who have recovered from a diagnosis of COVID-19 in the last 90 days, and remained asymptomatic, do not need to submit to testing until after 90 days has expired but must self-monitor for symptoms and continue to follow all other infection control requirements, including masking, as stated in the July 26 Order (see Adult Care Facilities and Direct Care Worker Vaccine Requirement Q&A). Workers must provide documentation of previous diagnosis from a healthcare provider or confirmed laboratory results to refrain from testing. Workers must immediately follow self-isolation guidelines and be evaluated, (including testing) if new COVID-19 symptoms occur during the 90 days post-infection.

[Quarterly Update Spring 2022](#) To Adult and Senior Care Programs, March 28, 2022

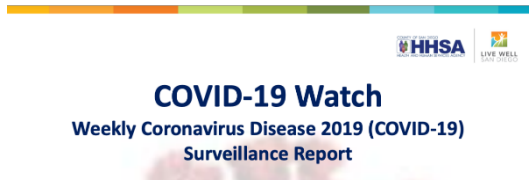
[PIN 20-11-ASC](#) to All Adult and Senior Care Program Licensees, March 15, 2022

Announcing organizational changes in the Adult and Senior Care Program. Certain facilities licensed by CCLD in the northern part of San Diego County will now fall under the jurisdiction of the Riverside Regional Office

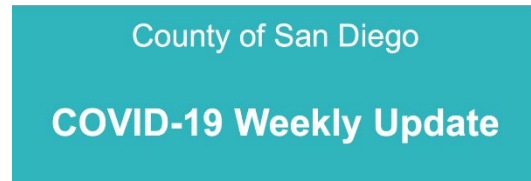
[Recent PINs](#)

COVID-19 UPDATES & RESOURCES

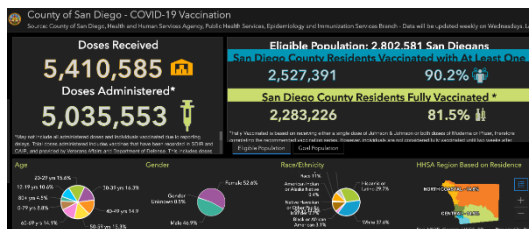
COVID-19 in San Diego County



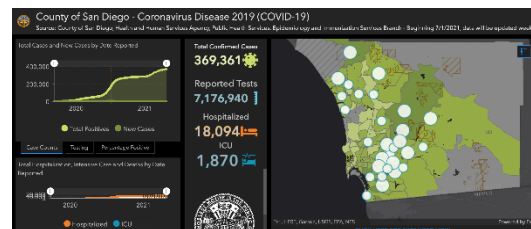
[COVID-19 Watch: Weekly COVID-19
Surveillance Report \(5/12/22\)](#)



[COVID-19 Weekly
Update Presentation \(5/12/22\)](#)



[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.



***New!* 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.



***New!* FDA Limits the Use of J&J COVID-19 Vaccine**

The [J&J/Janssen COVID-19 vaccine is now limited](#) to individuals 18 and older for whom other authorized or approved COVID-19 vaccines are not accessible or appropriate, and for those who would not get vaccinated with another vaccine. The change was made due to the risk of developing thrombosis 1-2 weeks after getting the vaccine.



***New!* COVID-19 Vaccine Boosters**

Your body's ability to fight off COVID-19 can decrease over time. Getting a booster can help your body build back the protection that has been lost. For more information, visit the CDC's [what you need to know about boosters](#).



***New!* COVID-19 Treatment Available at Monoclonal Antibody Regional Centers**

[Outpatient treatments for COVID-19](#) (pills and monoclonal antibodies) are in adequate supply. The Monoclonal Antibody Regional Centers (MARC) in San Diego County offer treatment to medically eligible individuals who are 12 years of age and older. Paxlovid, an oral antiviral pill, can be prescribed and dispensed at the MARCs.



***New!* 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.



Masks on Public Transportation

As of **April 18**, the CDC's order requiring masks on public transportation is no longer in effect. CDPH has updated its [Guidance for the Use of Face Masks](#) to strongly recommend masks on public transportation to align with the CDC.



Updated Travel Safe Fact Sheets

The CDPH has updated the following three fact sheets to reflect the latest CDPH COVID-19 masking guidance and recommendations: [Masking and COVID-19 in California](#), [Traveling To or From California? Follow These Travel Guidelines](#) and [Protect Yourself and Your Family from COVID-19](#).



At Home COVID-19 Testing Fact Sheet

The CDPH At Home COVID-19 Testing Fact Sheet is now available in the following languages: [English](#), [Spanish](#), [Arabic](#), [Armenian](#), [Chinese Simplified](#), [Chinese Traditional](#), [Hmong](#), [Khmer](#), [Korean](#), [Punjabi](#), [Russian](#), [Tagalog](#), [Thai](#), and [Vietnamese](#).



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 Test to Treat Program

[Test to Treat](#) is a new nationwide initiative that will give individuals important access to free lifesaving treatment for COVID-19. Test to Treat will be available at hundreds of locations nationwide, including [federally qualified health centers](#), pharmacy-based clinics, and long-term care facilities.



Updated Isolation and Quarantine Guidance

CDPH no longer recommends quarantine for individuals who are exposed to COVID-19 and have no symptoms. This updates the previous recommendation for a minimum five-day quarantine after exposure, regardless of symptoms. Access CDPH's updated [Isolation and Quarantine Guidance](#) for more information.



County Modifies Vaccine and Testing Efforts

The County is modifying its COVID-19 testing and vaccination efforts to better reach San Diegans who struggle with accessing these services. Resources will be provided at public health centers and through mobile services, including two Live Well on Wheels buses. Changes in the testing process have also come to the seven state-funded COVID-19 testing sites the County organizes. For more information, please visit the [County News Center](#).



Communications Toolkit: Masking & COVID-19

The CDPH has updated the [Masking & COVID-19 toolkit](#) with new social media images and messages. The new messages remind individuals about the importance of masking, protecting those too young to get vaccinated and those with underlying health conditions.



Safe and Smart Events Playbook

The CDPH has released a new toolkit with a compilation of best practices and resources that can be used for any type of event, including three examples of customizable event checklists. Visit CDPH's [Safe and SMART Events Playbook](#) for more information.



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! 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.



National Minority Health Month

April is National Minority Health Month, and the theme this year is Give Your Community a Boost! This theme focuses on the importance of COVID-19 vaccination, including boosters, as one of the strongest tools we have to end the COVID-19 pandemic that has disproportionately affected communities of color. Spread the word by visiting the National Minority Health Month site to access shareable social media messages, graphics, and information about [Give Your Community a Boost!](#)



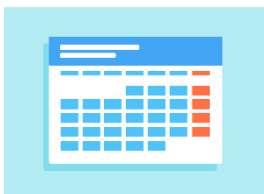
Medi-Cal Renewals and Eligibility

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](#).



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 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.