




Director's Message

I hope this message finds you and your loved ones safe and healthy as we move into the spring season and hope glimmers on the horizon for an end to this pandemic. I can't thank those of you enough who have volunteered to be a part of our Incident Management Team and dedicated your time and talents to help get shots in arms.

In addition to vaccine, COVID-19 testing continues to be a critical component of our strategy to reduce the spread of this virus. When it first rolled out almost a year ago, testing was extremely limited and many of us had to wait to experience symptoms before qualifying.

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COVID-19 Vaccinations at Christ Cathedral

To achieve equitable access to COVID-19 vaccines for all Orange County (OC) residents, the County of Orange (County) is hosting mobile point of dispensing sites (PODs). These PODs are used to vaccinate high-risk, vulnerable eligible individuals in critically underserved, targeted communities that are not served by the Super PODs or other community providers.

The OC Health Care Agency (HCA) opened one of the most recent of these mobile PODs at Christ Cathedral in Garden Grove. The location was selected to serve residents in the 92844 ZIP Code of Garden Grove and in other OC ZIP Codes that have residents who have been among the hardest hit by the pandemic as identified by the California Department of Public Health.

The Christ Cathedral Community POD will operate on Wednesdays through approximately early May for eligible individuals with appointments. Depending on vaccine availability, up to 1,000 doses can be dispensed at the site each day of operation. The HCA is working in collaboration with community partners to notify residents in these targeted areas of the vaccine appointments.

▼ Dr. Clayton Chau, OC Health Care Agency Director, County Health Officer at the podium with Dr. Margaret Bredehoft, Deputy Agency Director, Public Health Services on left.



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CCS Therapists Transition to Telehealth Services

Growing up, **Yvonne Howard** developed a passion for working with people with special needs and disabilities. This passion eventually drove her to pursue a career in occupational therapy with California Children's Services (CCS) at the OC Health Care Agency (HCA) beginning 15 years ago. CCS is a special program that offers occupational and physical therapy services to children from birth to age 21 who have a variety of chronic diagnoses such as cerebral palsy, muscular dystrophy, spina bifida (spinal birth defect), juvenile arthritis, neurological and metabolic genetic conditions at no cost to the client or family. The HCA administers CCS therapy services at 12 different facilities throughout Orange County called Medical Therapy Units (MTU). As an occupational therapist (OT) at the Placentia MTU, Yvonne assists children with accomplishing "occupations" ranging from dressing, self-feeding and bathing, all the way to managing money, going to a grocery store and making independent meals.

When the pandemic hit in March 2020, in-person sessions halted and CCS therapists soon found themselves having to transition to telehealth services, or virtual therapy sessions, via the WebEx video conferencing platform. "It



An adapted cup holder for a wheelchair or walker designed using Dana Point MTU's 3D printer.

was really a change in mindset," shared Yvonne. "We were so used to providing therapy in-person and needed to change the way we think about services and empower the families to carry out treatments in the home."

In contrast to occupational therapy, **Theresa Iwasaki** began her career as a physical therapist (PT) with CCS about 20 years ago. As a PT at the Garden Grove MTU, her focus is more on helping children and young adults develop gross motor skills, such as walking, transitioning from sitting to standing, increasing range of motion and strengthening. In person, she describes being able to both educate the family and use her actual skills as a therapist. Transitioning to telehealth, however, "you really have to change your mindset to more of a coaching model where you're telling the



Tiffany provides a virtual tour of the Dana Point MTU.

parent what to do and how to set up the environment," shared Theresa. "For me it was kind of a fun challenge because you get to see what the parents have at home and you really have to be creative with telling them how to set up the therapy session in their home."

Tiffany Sampson began her OT journey at CCS over 23 years ago. It was her first job after college and she never thought she was going to enter pediatrics. Now serving at the Dana Point MTU, she considers telehealth to be a wonderful tool that, despite some limitations such as connectivity issues, has really worked at times. "One example, I had a young adult who has cerebral palsy and autism and also has extreme anxiety with walkie-talkies," shared Tiffany. "Prior to the pandemic, she would shut down

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Yvonne Howard, Christopher Goffredo, Theresa Iwasaki, and Tiffany Sampson share their experiences as CCS therapists during a Zoom interview session.

Director's Message

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Today, we have a robust network that makes no-cost testing easily accessible, and includes many community health clinics, state and County-operated test sites, as well as targeted mobile events and kiosks to reach underserved populations disproportionately impacted.

While our testing capacity has significantly increased, recent data shows that tests performed is on the decline. Because we do not yet know whether those of us who are vaccinated can still transmit the disease, we must not let our guard down. People are still getting infected, as our daily [case counts](#) show. The majority of our county population of 3.2 million people [are still waiting](#) to be vaccinated. Variants of the COVID-19 virus are starting to appear in our state. As we begin opening more schools, youth sports and entertainment venues, it is important that we continue to stay the course and protect each other.

Getting tested is another way you can do just that that. As you may have seen in previous emails, testing large numbers of County of Orange employees who do not have COVID-19 symptoms will help reduce transmission. You can participate in this surveillance testing by ordering a convenient, at-home test kit. To learn more, please visit <https://ocCOVID19.ocalhealthinfo.com/covid-19-testing>.

Thank you for all you've done and continue to do to protect and promote the health and well-being of Orange County.

Sincerely,

Dr. Clayton Chau
HCA Director
County Health Officer

Social Work Month

“Thank You”



Norma Macias, Behavioral Health Clinician II, Correctional Health Services

The OC Health Care Agency (HCA) says “thank you” to social workers in the HCA. Social workers for the HCA and County of Orange were recognized with a resolution that was presented to the Board of Supervisors (BOS) during Social Work Month in March. The resolution praised social workers for their “shared concern for humanity, a belief in the dignity and worth of every person, a commitment to champion the welfare of people being served, and a dedication to working to advance social justice.” Along with the resolution there were six HCA social workers who represented the Agency on behalf of all HCA social workers for the BOS resolution.



Ashley Hutton, Behavioral Health Clinician II, Behavioral Health Services

“It’s an honor to be part of the recognition,” said **Ashley Hutton**, Behavioral Health Clinician (BHC) II, Behavioral Health Services. Ashley is currently with the Mental Health Collaborative Courts. She said she felt a challenge to join the HCA. “I had a career project that required me to interview someone in a field I was considering. I was able to interview a County of Orange Social Worker, and he was very honest with me about how hard the work is, but that the field needed good people to provide these services. I decided to give it a try, and fortunately, I love the work I do, and I enjoy serving the public. As a native Orange County (OC) resident, I am proud to serve the most vulnerable members of our community.”

That sense of purpose resonates especially during the COVID-19 pandemic. “There are so many emotions involved when thinking about what the COVID-19 pandemic has caused for each of us,” said **Phuong Thanh Nguyen**, BHC II, Adult and Older Adult Behavioral Health (AOABH) Westminster. “Working with the AOABH teams is very rewarding, especially when we all have each other’s backs. I am very grateful to work with a dedicated and outstandingly supportive team. Despite the challenges we face,



Brittany Shaw, Behavioral Health Clinician, Correctional Health Services



Cristina Madory, Behavioral Health Clinician II, Correctional Health Services



Jody Spellmeyer, Behavioral Health Clinician II, Behavioral Health Services

our team continues to provide care and resources to all of our clients and communities.”

In part because of the pandemic, there’s never been a more crucial time to be a social worker said **Brittany Shaw**, BHC with Correctional Health Services (CHS). “My passion to help those who suffer from mental illness has only deepened and amplified through this,” said Brittany. “I am so thankful and honored to work alongside a team that works so hard to fight the crisis that we as a community are facing. We come to work every day with the hope that we will make a difference, and that our population gets the best treatment possible.”

The work can be transformational said **Cristina Madory**, BHCII. During her County career she has worked as a Deputy Public Guardian, in Behavioral Health Services (BHS) and now in CHS. “As I reflect on this past year, continuing to work during a pandemic, it has taught me perseverance, courage and overcoming challenges, which allows me to better serve and understand my clients’ needs. I am forever grateful and inspired to be part of a dedicated interdisciplinary team.”

Being part of a dedicated team has been the experience of **Norma Macias**, BHCII. Norma has put her skills to work in both BHS and currently CHS. “I started seven years ago for the BHS Prevention and Intervention program. For the past five years, I have been working in CHS providing crisis intervention and therapeutic services. Working during the COVID-19 pandemic and responding to patients in crisis became our utmost important role by continuing to provide mental health services with dignity and respect while at the same time adhering to COVID-19 safety guidelines.”

The work “has been meaningful,” said **Jody Spellmeyer**, BHCII with Children and Youth Behavioral Health West Region. “COVID-19 has brought many challenges to us all this past year. Amongst the pandemic challenges has been finding ways to remain connected with our clients and support their well-being as best as possible.” Jody seems to connect with something in all social workers. “I am grateful to be an essential worker who has been able to continue providing treatment and client care throughout the pandemic. I am thankful to have this career; and I am so appreciative of doing this work beside a team of strong, supportive, and caring colleagues.”

Thank you to all HCA social workers!

COVID-19

Vaccinations Insight

OC Health Care Agency (HCA) staff can be proud of the vaccination work being done according to **Dr. Clayton Chau**, HCA Director, County Health Officer. During the opening of the Christ Cathedral Community point of dispensing (PODs) site, Dr. Chau shared how the process is working. “At all of our pods right now, the average number of people who can be vaccinated per hour, is near 40. The national average is about 12-16 per FEMA (Federal Emergency Management Agency). So we are very efficient at doing this.”

Efficiency and consistency are two keys to vaccinations said Dr. Chau. “In order to vaccinate millions of people you have to have a protocol and a model of vaccinating people as quickly as you can without making mistakes. That’s important because as more vaccination platforms become available, the complexity between each platform increases chances for mistakes.” Dr. Chau also said it’s important to make sure the customer experience is the same at any dispensing site. “You don’t want one place that is better or more efficient than another because people will choose that site and overwhelm that location. You want to make sure every location is the same.”



▲ Seniors getting their vaccine in Laguna Woods.

What is **FOOD WASTE?**

Have you ever seen food that was thrown out? If yes, this is food waste. Food waste can occur during the production, processing and/or distribution of food, at retail markets, at restaurants and at home.

Why should we care about food waste? According to the [US Department of Agriculture \(USDA\)](#) and the [Environmental Protection Agency \(EPA\)](#):

- 1. It's a Social Problem:** Wholesome nutritious food is sent to landfills instead of feeding people. About 90 billion pounds of edible food go uneaten each year.
- 2. It's an Environmental Problem:** Wasted food in landfills produces methane gas, which affects our environment and climate change. Wasted food also wastes the water, gasoline, energy, labor, land, and fertilizers used to make and deliver food.
- 3. It's an Economic Issue:** Food waste costs consumers \$375 per person each year. Total food waste including retail food stores, restaurants and our homes costs \$161 billion annually.

Relief Continues for **RENTAL HOUSEHOLDS** in Orange County

As highlighted last month, the OC Health Care Agency's (HCA) Office of Care Coordination (OCC) received approval from the OC Board of Supervisors for the implementation of the County's Emergency Rental Assistance (ERA) Program. Through this program, eligible rental households in OC (with the exception of those residing in Anaheim, Santa Ana and Irvine) would be able to find some relief by receiving up to \$10,000 in financial assistance for unpaid rent and/or utility bills due to the impact of COVID-19. The program initiated its first application period during the month of February 2021, in which a total of 10,491 applications

were submitted through the 211OC Virtual Front Door Web Portal and Call Center totaling approximately \$49.7 million in financial assistance requests for rental arrears and past due utility bills.

The OCC will be opening a second application period during the month of April 2021 to assist additional households with the ERA Program. Applications will be accepted through the 211OC Virtual Front Door Web Portal and Call Center April 1st through the 30th. The second application period will continue to provide payment for rental arrears and past due utility bills up to \$10,000 of financial



assistance per household for those meeting income level eligibility criteria; however, there will be one significant change to the eligibility criteria in order to align with guidance from the Treasury Department and maximize the impact of the program. Households applying will be required to have an income at or below 50% of the Adjusted Monthly Income (AMI) level instead of 80% as used in the first round. While the first round provided assistance to the largest pool of eligible households and helped to determine community

Reducing food waste can benefit us all. The USDA, the EPA and the US Food and Drug Administration are working together to reduce food loss and waste. This is the first of a series of information and tips on how you can manage food waste for you and your clients at home, work and community.

Public Health's Health Promotion and Community Planning Division Nutrition Services Program is actively addressing food waste management. Nutrition Services is the County's major resource for

nutrition information. We provide nutrition education, access to food benefits, technical assistance and other resources to improve the health of Orange County residents. For more information about the program, please visit <https://www.ochealthinfo.com/phs/about/family/nutrition>. You can also call us for additional information include food waste management at 1-888-968-7942.

Article by **Christine Baun**, Public Health Nutritionist II

By making small changes in how we shop, store and prepare food, we can waste less, feed people, and save money, natural resources and the environment.

EMERGENCY RENTAL ASSISTANCE PROGRAM
Orange County Renters

need based on the number of applications submitted, the second round would now target lower household income levels and priority groups established by the Treasury Department with any funding still available.

If you or someone you know might benefit from accessing the Emergency Rental Assistance Program and homelessness prevention services, please call 2-1-1, text ERA to 898211 or visit ERA.211oc.org.

FOOD WASTE IN THE U.S. IS...

EXCESSIVE

40%
OF ALL FOOD PRODUCED IN THE U.S. IS WASTED

133 BILLION POUNDS
Food wasted per year. That represents 1,249 calories per person, per day.

EXPENSIVE

\$161 BILLION
Uneaten food at retailers, restaurants, and homes costs \$161 billion annually

\$1,500
Per capita, this amounts to over \$1,500 for a family of four

ENVIRONMENTALLY HARMFUL

Food makes up 20% of landfill weight—the single largest municipal waste source

CH₄ CO₂
The methane released by food is a greenhouse gas 21 times more powerful than carbon dioxide

AN OPPORTUNITY

 Diverting 15% of the food that currently goes to waste would be enough to cut the number of food insecure Americans in half

 Food waste can be composted into sustainable soil additives or be used to generate electricity

 Encouraging institutions to purchase so-called "ugly" produce would help farmers find new markets for healthy products that currently go to waste

100 million tons U.S. Department of Agriculture and Environmental Protection Agency
www.gingree.house.gov/foodwaste

5 Things You Need to Know About:

1 As more people are vaccinated for COVID-19, there are more warnings about scams and fraud. A number of government and other organizations are warning not to post photos of COVID-19 vaccination cards to social media.

2 According to the US Department of Health and Human Services (HHS) fraudsters are at work trying to scam people over COVID-19 tests and cures and trying to gain access to personal information. The HHS released a video on the scams: “5 Things About Health Care Fraud.” You can see the video and read more from the HHS about protecting yourself [here](#).

Opioid Campaign Wins **CREATIVE AWARD**

Congratulations to the OC Health Care Agency (HCA) Behavioral Health Services (BHS) Prevention and Intervention team for an award winning campaign to prevent the misuse of opioids among adults. The campaign “Wrong For You” received the “2020 International Summit Creative Award: Gold.”

“We’re thankful for the recognition we received with this award along with our contracted partners at Pulsar Advertising,” said **Brett O’Brien**, Director, Children, Youth and Prevention. “But more importantly BHS continues to reach out to adults in Orange County (OC) about the dangers of opioid misuse, which has impacted OC as it has the state and country.” A key component of the campaign is providing information on alternatives to taking opioids

for pain, encouraging adults to have a discussion with their health care provider before taking them. The campaign was multifaceted with creative messaging on four different 30-second commercials aired on cable television; social media via Facebook, Instagram and digital ads; print media in popular publications such as Orange Coast magazine and the OC Register; and the creation of the website WrongForYou.com.

In addition to Brett, HCA staff who helped build the campaign include **Mark Lawrenz**, Division Manager; **Bhuvana Rao**; Program Manager, **Carolyn Secrist**, Program Supervisor; **Karina Pangan**, Health Program Specialist; **Rebeka Sanchez**, Health Program Specialist; and **Julie MacDonald**,



Health Communications Manager. You can view the entry [here](#).

“This award is a pretty big deal,” said Lisa Wharton, Account Supervisor at Pulsar Advertising which contracted with the team on the campaign. “We were one of 103 Gold Winners out of 4,100 entries from 27 different countries from five continents!” To show the selective nature of this award, Lisa pointed out, “Approximately 4% of nominees were awarded bronze, 4% silver, 1.75% gold, and .001 best of show.”

The Summit Creative Award,

COVID-19 Fraud

3 The Federal Bureau of Investigation (FBI) issued a warning not to post COVID-19 vaccination cards on social media. The FBI said bad actors can use the images to steal your identity and commit fraud. That's been reported in Great Britain as you can read [here](#). You can read the FBI warning [here](#).

4 The Better Business Bureau (BBB) also warns about posting photos of vaccination cards or information to social media. The BBB said if you want to post about your vaccine, you can share a photo of your vaccine sticker or set a frame around your profile picture. You can read more from the BBB [here](#).

5 The media is also reporting more on fraud and warnings about posting to social media. Cable News Network (CNN) warned about sharing personal information [here](#); so did KCBS Channel 2 [here](#). For more on what to know about identity theft, you can visit the Federal Trade Commission [here](#).



established over 20 years ago, is one of the premier indicators of creative and communication excellence. According to one of the judges, the awards are intended to recognize creativity that delivers to the task, that reaches the target audience effectively, clearly – and with creative panache. For that reason, to be judged a winner, creative – online or off – needs to be clear, precise, compelling and outstanding.

CCS Therapists Transition *continued from page 2*

and not listen to any of our ideas because she was so focused on school personnel walking by with a walkie-talkie. Being able to do telehealth in the safety of her own home opened up huge opportunities for her to make progress toward her goals.”

Tiffany's colleague **Christopher Goffredo**, who also serves at Dana Point, became an OT after spending time in a variety of jobs working with children. He has been practicing occupational therapy at CCS for the last nine years. “We're so used to providing a hands-on type of facilitation, because a lot of our children have a neurological condition that affects their ability to move their bodies,” described Christopher. “When we transitioned to WebEx, a big learning curve was, how do I explain things to the parents without physically being able to show them. I think we got pretty good about setting up the environment, prepping the parents for the next session and finding creative ways to help the parents' comfort levels with using their hands to assist their children.”

When asked what he enjoyed most about his work, Christopher summed it up in this way: “The biggest joy I have is helping the client and parents, guiding them to accomplishing the daily activities they find most meaningful and purposeful for them. Whether it's them being able to bring the fork to their mouth or being able to eat completely independently, it's finding joy in those little victories with the families and seeing the joy in the child's face.”

WEBSITE MIGRATION UPDATE



The OC Health Care Agency's (HCA) new website platform is set to go live this month. Site visitors to ochealthinfo.com will see a modernized, engaging website layout that offers an enhanced look and feel from its predecessor. The new platform uses newer technology that will be able to support further refinements, additional functionality and content updates as it matures, as part of the HCA's continuous improvement process and overall goal of making navigation and information search more effective and user friendly.

The migration of the HCA's website to the new platform is part of the countywide Internet Migration Project. For HCA, it has been a massive

Resilient Children Cope Better: Triple P Online



As we pass the one year mark since the initial stay at home orders due to the COVID-19 pandemic, it is important to recognize the new challenges parents have faced with their children and teens experiencing disruptions to their daily lives. In response to these new parenting experiences and to promote resiliency in children, Behavioral Health Services dedicated available Coronavirus Aid, Relief, and Economic Security (CARES) Act relief funds to provide Orange County residents no-cost access to Triple P Online, an online parenting program. This evidence-based parenting education program focuses on developing and supporting positive relationships between parents and children. There are two versions available, one for those with children ages 0-12 and one for teens ages 12-16. Each version also provides a special COVID-19 module.

Orange County residents, including those you may be working with in your professional capacity, and those employed by the County of Orange can access Triple P Online at no cost by visiting www.triplep-parenting.com.

undertaking carried out over the past several months involving an external development partner, OC Information Technology support and a number of HCA staff across all service areas without whose focus and contributions this project may not have been completed successfully. The migration encompasses the review and revision of over 6,000 webpages as well as the implementation of new tools to make the website an effective informational platform for both users and staff behind the scenes, who can harness the power of Google Analytics to better understand website user trends.

You can check out the HCA's new website soon at ohealthinfo.com.

Once an individual signs up, they may work through the modules at their own pace for up to 12 months. Each module includes an interactive mix of videos, brief activities and tips to practice positive parenting skills. If additional support with a module is desired, there is an option to request, at no cost, support from an OC Health Care Agency Parent Liaison, which is confidential.

For more information contact **Raquel Williams**, Program Manager, at raqwilliams@ochca.com or call **Lisa Nino**, Service Chief, at (714) 480-4678.

Article by **Raquel Williams**,
Administrative Manager II



World TB Day is observed each year on March 24, commemorating the date Dr. Robert Koch announced his discovery of the bacteria that causes tuberculosis (TB).

In 2020, Orange County reported 142 cases of active TB disease, the lowest number of TB cases reported in 35 years. This reflects a 17.9% decrease in reported TB cases from 2019. The COVID-19 pandemic likely contributed to this substantial decrease in TB cases due to a combination of factors, which include decrease in detection (fewer patients seeking care or fewer TB patients being diagnosed due to stay at home restrictions); decrease in TB transmission due to physical distancing, stay at home restrictions and use of face masks; or decrease in immigration (due to travel restrictions or economic hardship).

The TB case rate in Orange County is 4.5 per 100,000 population, which is double the case rate in the United States and higher than the case rate in California of 4.3 per 100,000 population. Many people still suffer from TB disease. Even during the pandemic, we must continue to find and treat cases of active TB disease and test and treat latent TB infection to prevent progression to disease and turn TB elimination into a reality.

Under the leadership of **Dr. Julie Low**, TB Controller, and **Angelito Bravo**, Program Manager, the Pulmonary Disease Services (PDS) team of approximately 50 HCA employees within Public Health Services' Clinical Services division have worked tirelessly to address TB control, by identifying cases, completing contact investigations, and carrying out treatment and prevention efforts, all supporting many years of a trend of declining TB cases in OC. PDS comprises the TB Clinic (including nursing, radiology and office support), Case Management (including Public Health Nurses, Public Health Investigator and Social Work), Directly Observed Therapy Support Services, and Quality Assurance and Data Management.

For more information on TB in California visit: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/TB-Disease-Data.aspx>.

COVID-19 SAFETY

SPRING BREAK SAFETY

The Centers for Disease Control and Prevention (CDC) currently recommends that we delay domestic and international travel as COVID-19 is still circulating widely in the U.S. and the majority of our population has not yet vaccinated.

While staying close to home, physically distancing from those who may not be fully vaccinated, washing hands frequently and wearing masks remain the best ways to protect each other, consider these tips if you decide to travel:

EVALUATE THE RISKS.

It is possible for people who have been vaccinated to become infected and possibly transmit the virus to others. Reduce the risk you may pose and consider your mode of transportation and the activities you choose once you reach your destination.

GET TESTED.

Get a viral COVID-19 test at least 1-3 days before and 3-5 days after your trip. The OC Health Care Agency provides free at-home test kits; visit [ochealthinfo.com/covidtest](https://www.ochealthinfo.com/covidtest) to place an order or to learn more about in-person testing options.

SAFETY TIPS for DINING OUT

Here are a few tips to keep in mind when visiting your favorite restaurant during the COVID-19 pandemic to keep yourself and others healthy:

KNOW OUR COUNTY HEALTH OFFICER'S RECOMMENDATIONS

- Wear your masks while waiting for your meal to arrive.
- No more than three separate households should dine out together for duration of two hours or less.
- Those with symptoms should stay home. Remember, even if you're fully vaccinated, there is still a chance that you can contract and spread COVID-19.
- Those at high risk of severe illness from COVID-19 are strongly encouraged not to dine out.

CHECK SAFEDINEOC

For a full list of restaurants who have taken steps to be in compliance with State guidelines to protect workers and guests alike: <https://www.ocbc.org/safedineoc-grantrecipient/>.

AVOID HIGH-TOUCH SURFACES

like shared "family style" meals and buffets, as well as doorknobs or handles. If you can't wash your hands after touching shared surfaces, bring along and use a hand sanitizer that contains at least 60% alcohol.

PARK YOUR OWN CAR

While valet parking is convenient, it may be better to skip it during the pandemic. Limiting close contact with others whenever possible makes a big difference when it comes to lowering your risk of contracting COVID-19. If you're not sure where to park, call the restaurant to ensure there is self-service parking available.

TRAVEL BY CAR.

The virus spreads through close contact, which is more likely to happen in a crowded place like an airport. Driving by automobile means you will encounter fewer people than flying or riding a bus or train. If you must fly, plan ahead to avoid lines:

- Eat a meal before you travel and pack snacks.
- Print boarding passes ahead of time or have them ready to display on your smart phone.
- If possible, bring carry-on luggage to avoid having to check bags.
- Wash or sanitize your hands frequently, and wear your mask while you travel even if you've been vaccinated.

LIMIT GATHERINGS.

It's still best to travel with those you live with and socialize with others in an uncrowded, outdoor setting for maximum ventilation.

- Are you fully vaccinated, and plan to meet with friends or family on Spring Break who are also fully vaccinated? Learn what the CDC says here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>.

If you do travel, you'll still need to follow CDC requirements and recommendations here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>.

CALL AHEAD

Before you head out to grab a bite, consider calling the establishment to ask questions like:

- Do you offer indoor and outdoor seating? (Keep in mind that outdoor seating, where ventilation is better, remains the safer option.)
- How are you disinfecting surfaces?
- Are you enforcing physical distance between people and tables?
- Do you have separate entrances and exits to help facilitate physical distancing?
- Are staff required to wear masks? Are patrons required to wear masks when not eating or drinking?
- How are you screening staff for infection?

BE BATHROOM SAFE

Bathrooms are hot spots for the spread of infectious diseases. Before using the restroom, ensure that everything you need is ready, including soap, toilet paper and paper towels. It's also important to wash your hands or use hand sanitizer when entering and exiting the restaurant, whether you have used the bathroom or not.



For more CDC requirements and recommendations visit www.cdc.gov.



For Health

Springtime is here, the weather is warmer and the days are longer. This is the perfect time to start doing activities outside. Gardening is one of those activities that you can enjoy doing outside by yourself or with your family. Gardening can help you stay active while you also get to enjoy planting and harvesting your favorite fruits and vegetables. Nothing tastes better than home grown spring crops such as strawberries and broccoli.



Broccoli Strawberry Orzo Salad

Serves 6

Ingredients:

- 3/4 cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- 1/4 cup sunflower seeds

Lemon Poppy Seed Dressing

- 1 tablespoon lemon juice (fresh or bottled)
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon sugar (or honey)
- poppy seeds (1 teaspoon, optional)

Directions:

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill in refrigerator until ready to serve.

Article by **Christine Baun**, Public Health Nutritionist II

SERVICE AWARDS

2020 Fourth Quarter Employee Service Awards (October 1 - December 31 Hire Dates)

On behalf of the OC Health Care Agency Executive Team, we extend our heartfelt congratulations to each of you for your years of service to our department and the County of Orange.

35 Years

Silvia Galvan
Annette Villa

30 Years

Barbara Grayson
Annette Mugrditchian
Kathleen Murray
Jeffrey Nagel
Elaine Papst
Cristina Quintero
Stella Rodarte

25 Years

Cirilo Hurtado

20 Years

Lindy Barber
Adriana Bermudez
Victory Bermudez
Rhena Marie Carusillo
Kevin Do
Adriana Edwards
Claudia Espitia
Gerardo Gallardo
Diane Garcia

Elizabeth Gianini
Gabriel Jaimez
Jorgette Leano
Sandy Lopez
Phylliss Munoz
Van Nguyen
Vivian Nguyen
Wendy Ocampo-Choy
Shaima Painda
Blake Pickering
Jobita Rufino-Garcia
Chander Singh
George Tucker
Tiffany Vong

15 Years

Jessica Ayala
Elna Berg
Heather Berson
Imelda Castaneda
Cynthia Castro
Robert Diaz
Thu Do
Brian Greene
Janet Hernandez

Yvonne Howard
Christina Ithivongsuphakit
Nicole LeMaire
Sandra Leonard
Rigel Macias
Daniel Manzo
Vanessa McDowell
Sohreh Moghaddam
Vicki Munzing
William Norsetter
Zorayda Ochoa
Sandra Okubo
Amy O'Neill
Margarita Soto
Terri Styner
Rosanne Tayag
Lynn Tran
Huy Vo
Linh Vo

10 Years

Luis Bitton
Alvin Evangelista
Jayad Fezian
Michael Graham

Clara Jimenez
Diane Mason
Karima Miller
Kaiser Milo
Adriana Navarrete
Yesica Ponce
Mary Ann Tan
Amy Yolton

5 Years

Natalie Alvarado
Jason Azuma
Roger Bell
Cassandra Billion
Amanda Bleicher
Stephani Bryson
Emily Burgos
Nicole Caceres
Yohana Castaneda Rios
Rudaina Elalami
Monica Farias
Edward Fuentes
Emmeline Gu
Andrea Gutierrez
Samantha Hallis
Marcy Kovacevich

Elizabeth Kryger
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Fidel Martinez
Blanca Mendoza
Allison Mok
Enrique Ortiz
Maranita Pegadiotes
Alicia Reimer
Maria Romo-Romo
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Shruthi Sill
Raychana Sinclair
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Emi Tanaka
Veronica Velasquez-Rodarte
Megha Vikas Gupta
Kimberly Willey
Kirstin Wong
Kevin Work



MISSION

In partnership with the community, protect and promote the health and safety of individuals and families in Orange County through:

- Assessment and planning
- Prevention and education
- Treatment and care



CONNECT WITH US



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