

March 18, 2022



## Join Us For "Your Health Matters OC"!

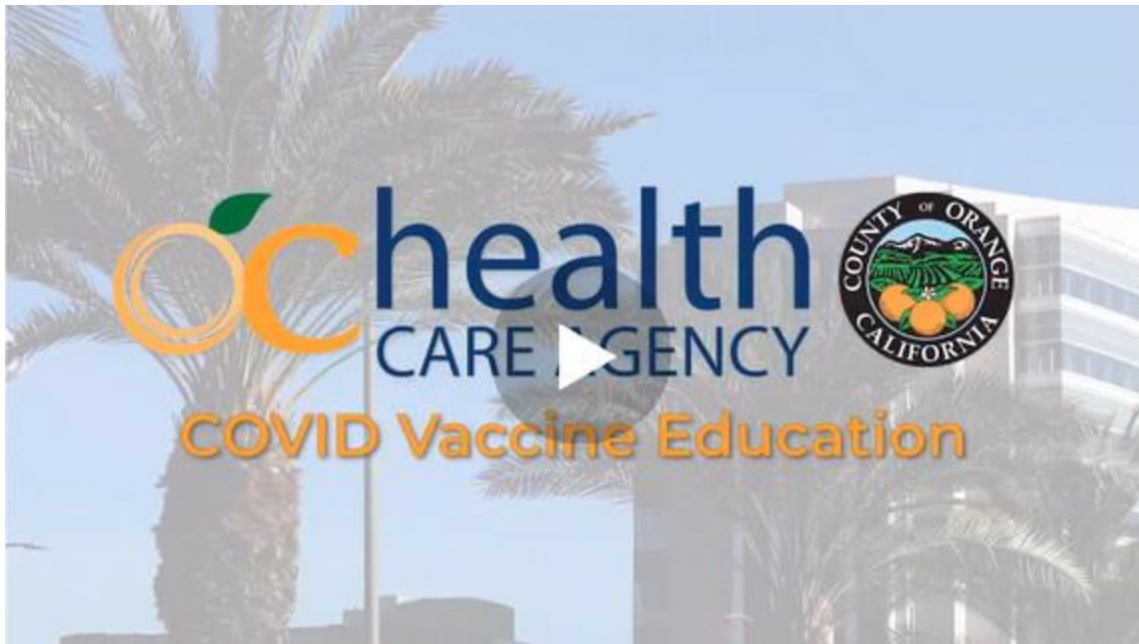
Join us for the next episode of Your Health Matters OC on **Tuesday, March 22 at 6 p.m.** as we invite a healthcare professional from our community to discuss colorectal cancer and the importance of gastroenterology screenings. You can view this event by visiting our [Facebook page](#) or on YouTube by clicking below:



If you have questions for the next episode, email them in advance or during the show to [yourhealthmatters@ochca.com](mailto:yourhealthmatters@ochca.com)!

## Why Is It Important to Get Vaccinated?

Dr. Regina Chinsio-Kwong, County Health Officer at the OC Health Care Agency, has a video message to help explain why it's important to get vaccinated. To view the video, click below:



For informational town hall events and educational videos related to COVID-19 vaccination, visit the OC COVID-19 home page by clicking [here](#).

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## **Stay Up to Date on Boosters and Additional Doses!**

To maximize their immunity against severe infection, everyone ages 5 and older should get their primary series of COVID-19 vaccines, receive an additional dose if they are immunocompromised (have a weakened immune system), and receive a booster dose when eligible.

The OC Health Care Agency has an infographic to help you understand the difference between a booster and an additional dose. Click here to view and download the information: [Boosters and Additional Doses](#)

OC health CARE AGENCY

For more information about the booster vaccine, use the QR code below:

For more information about the additional dose for immunocompromised individuals, use the QR code below:

For more information on where to find a COVID-19 vaccine, visit [COVIDVaccineFacts.com](https://www.COVIDVaccineFacts.com) or click the QR code:

## BOOSTERS and ADDITIONAL DOSES

### BOOSTER SHOT

Everyone ages 12 years and older should get a COVID-19 booster shot. Over time, the immunity from your initial COVID-19 vaccines can decrease a little. The booster shot helps to "boost" your immune response to restore and enhance protection against COVID-19. Eligible individuals may choose the vaccine type that they originally received or choose a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots; however, the Pfizer or Moderna vaccines are preferred in most situations.

#### Pfizer and Moderna



COVID-19 vaccine booster shots are recommended for vaccine recipients who completed their initial series at least 5 months ago and who are at least 12 years or older. (Individuals ages 12-17 years should receive a Pfizer booster dose at least 5 months after completing their initial series.)

#### Johnson & Johnson (Janssen)



### ADDITIONAL DOSE for immunocompromised

People who have moderately to severely compromised immune systems may not mount an adequate immune response to vaccines and therefore may not be protected after their primary series. Individuals age 5 years or older with moderately to severely compromised immune systems at the time of vaccination should get an additional dose of COVID-19 vaccine as part of their primary series, followed by a booster shot (for age 12 years and older only) after the recommended time interval. Use of mRNA vaccines (Pfizer or Moderna) is preferred.

#### Pfizer and Moderna (4 total doses: 3-dose primary series, then booster)



The same product should be used for all doses of the primary series.

#### Johnson & Johnson (Janssen) (3 total doses: 2-dose primary series, then booster)



\*Any COVID-19 vaccine can be used for the booster dose in people ages 18 years and older, though mRNA vaccines are preferred. For people ages 12-17 years, only Pfizer can be used. People ages 5-11 years should not receive a booster dose. If Moderna used for booster, dose is 50 mcg (0.25 ml)

\*\*Use Pfizer or Moderna. If Moderna used for additional dose, dose is 100 mcg (0.5 ml)

as of 2/1/22

This infographic is available in additional languages by clicking here: [COVID-19 Education Toolkit](#)

## Can I Receive a COVID-19 Vaccine If I Am Pregnant?

According to the Centers for Disease Control and Prevention, if you are pregnant or were recently pregnant, you're more likely to get severely ill from COVID-19. Also, if you have COVID-19 during pregnancy, you are more likely to have pregnancy complications that can impact you or your developing baby.

COVID-19 vaccines help protect people who are pregnant or would like to become pregnant from severe illness from COVID-19. If you are pregnant, breastfeeding, or trying to become pregnant, you should receive all recommended COVID-19 doses, including a booster when eligible.

Learn more about the importance of COVID-19 vaccination for pregnant people by clicking here: [COVID-19 Vaccines While Pregnant or Breastfeeding](#)



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**Where Can I Get a COVID-19 Vaccine?**



You can find a COVID-19 vaccine by visiting your local pharmacy or healthcare provider, search online at [Vaccines.gov](https://www.vaccines.gov) or [MyTurn.ca.gov](https://www.myturn.ca.gov), or schedule an appointment at one of the mobile vaccine clinics listed below at [Othena.com](https://www.othena.com). Walk-ins are also welcome.

# MOBILE COVID-19 VACCINE CLINIC

## Clínica De Vacunas COVID-19 | Chích Ngừa COVID-19 Lưu Động

Based on eligibility requirements, vaccines are available for first dose, second dose, third dose, boosters, and pediatrics (5+).



### Orange Coast College Ronnenberg Center

2701 Fairview Rd.  
Costa Mesa, CA 92626

Mondays  
8:30 a.m. - 12:30 p.m.  
Thursdays  
3 p.m. - 7 p.m.  
Saturdays  
9 a.m. - 1 p.m.

### SSA Central Regional Office

2020 W. Walnut St.  
Santa Ana, CA 92703

Mondays  
10 a.m. - 6 p.m.  
Thursdays  
10 a.m. - 6 p.m.

### St. Anthony Claret Catholic Church

1450 E. La Palma Ave.  
Anaheim, CA 92805

Tuesdays  
10 a.m. - 6 p.m.  
Wednesdays  
8 a.m. - 3 p.m.  
Fridays  
11 a.m. - 7 p.m.

### Latino Health Access BLDG

450 W. 4th St., Ste 120  
Santa Ana, CA 92701

Mondays  
2:30 p.m. - 8 p.m.

### Golden West College BLDG 95 (MPR 100)

15751 Gothard St.  
Huntington Beach, CA 92647

Saturdays  
9 a.m. - 1 p.m.

Effective Date: March 7, 2022 / Photo ID is required.



To schedule an appointment, or arrange for transportation, call:  
Para programar una cita, llame:  
Nếu muốn lấy hẹn, xin gọi:

**714.834.2000**  
or Visit [www.Othena.com](https://www.othena.com)

Vaccinations are also available for anyone who is homebound, and transportation services are available for anyone who needs a ride to a vaccination site. If you need

help scheduling a vaccination appointment, call the OC COVID-19 Hotline at (714) 834-2000.

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## Where Can I Get a COVID-19 Test?

Testing continues to be a critical component in reducing viral transmission by supporting early detection of COVID-19 and containment of the disease. If you need to get tested for COVID-19, there are many ways to do so:

- Ask your healthcare provider, visit a nearby retail pharmacy or check with a local community organization or church
- Search for testing sites at [myturn.ca.gov/testing](https://myturn.ca.gov/testing), [sick.org/oc](https://sick.org/oc), or [covidclinic.org](https://covidclinic.org)
- Call Latino Health Access at (714) 805-7838
- Order 4 free at-home tests at [covidtests.gov](https://covidtests.gov)
- Order a saliva or nostril self-collection test kit at [ohealthinfo.com/covidtest](https://ohealthinfo.com/covidtest)

If you are ordering test kits online, please be patient as test kits may be delayed beyond the usual processing time due to high demand for COVID-19 testing throughout the U.S.



Visit [ohealthinfo.com/covidtest](https://ohealthinfo.com/covidtest)  
for ways to get a COVID-19 test

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