

March 3, 2022



Join Us For "Your Health Matters OC"!

Your Health Matters OC and we want to talk with you about it! Join us for a conversation about how COVID-19 has impacted our mental health.



Send us your specific questions at yourhealthmatters@ochca.com and we'll address them on our next episode of Your Health Matters OC, March 8 at 6 p.m., which you can watch [here](#).

Your Health Matters OC is a new bi-weekly talk show featuring health care professionals discussing various health topics that impact our community. The show airs every other Tuesday on the OC Health Care Agency's [Facebook](#) and [YouTube](#) pages. All episodes can be found [here](#).

In Episode #1, which aired on February 22, County Health Officer Dr. Clayton Chau and Deputy Health Officers Dr. Regina Chinsio-Kwong and Dr. Matthew Zahn discussed key COVID-19 messages, future COVID-19 plans, vaccinations and more.

To view the first episode, click below:



State Updates Masking Guidance

In response to declining COVID-19 cases and hospitalizations across the state, the California Department of Public Health has issued updated COVID-19 guidance on masking.

As of March 1, masks are no longer required for unvaccinated individuals, but are strongly recommended for all individuals in most indoor settings.

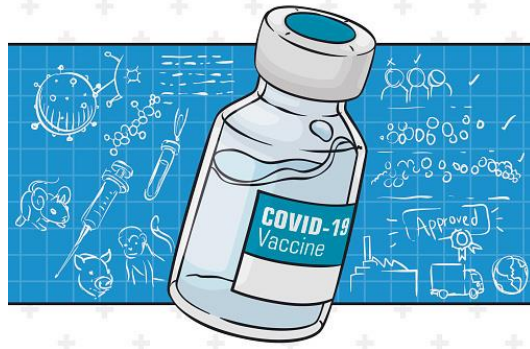
Masks are still required for everyone in high transmission settings such as public transit, emergency shelters, health care settings, correctional facilities, homeless shelters and long-term care facilities.

For K-12 schools and child care facilities, after March 11, masks will no longer be required but will be strongly recommended.

For the State's full guidance, click on the following link: [Guidance for the Use of Face Masks](#)

CDC Issues Updated COVID-19 Vaccine Recommendations

The Centers for Disease Control and Prevention has updated its interim clinical considerations for COVID-19 vaccines.



The CDC's updates include the following:

- An interval of up to 8 weeks between the first and second doses of mRNA vaccines (Pfizer/Comirnaty or Moderna/SpikeVax) may be preferable for some people ages 12 years and older, especially males ages 12-to-39-years-old who may be at higher risk for myocarditis
- The shorter intervals of 3 weeks (for Pfizer/Comirnaty) and 4 weeks (for Moderna/SpikeVax) between the first two doses continue to be recommended for people who are moderately or severely immunocompromised; adults ages 65 years and older; and others who need rapid protection due to increased concern about community transmission or risk of severe disease.
- Guidance on COVID-19 booster shots and additional doses for people who are moderately or severely immunocompromised and for people who received the Johnson & Johnson/Janssen vaccine
- Recommendations for people who received passive antibody products for COVID-19 treatment on when they can get vaccinated
- Vaccination guidance for people who received COVID-19 vaccines outside of the U.S.

For more information about the CDC's interim clinical considerations for COVID-19 vaccines, click on the following link: [Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Approved or Authorized in the United States](#)

Why Is It Important to Get Vaccinated?

Dr. Regina Chinsio-Kwong, Deputy County Health Officer at the OC Health Care Agency, has a new 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](#).

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://myturn.ca.gov), or schedule an appointment at one of the mobile vaccine clinics listed below at [Othena.com](https://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. - 6 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

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, sick.org/oc, or covidclinic.org
- Call Latino Health Access at (714) 805-7838
- Order 4 free at-home tests at covidtests.gov
- Order a saliva or nostril self-collection test kit at 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
for ways to get a COVID-19 test

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