

SPA 5 & 6 Regional Health Office COVID-19 Weekly Update

January 14, 2022

COVID-19 Winter Surge Continues



Los Angeles County continues to experience a winter surge. Daily cases have risen steeply from about 27,000 a day on New Year's Eve to over 43,000 new cases reported earlier this week. Almost one in four people getting tested are infected. The surge is also increasing hospitalizations and affecting health care workers. While many patients are not hospitalized for COVID-19, there are over 4,000 COVID-positive patients at LA County hospitals. Meanwhile, COVID-19-related deaths range on a daily basis, as deaths are a lagging indicator and not likely to increase until a few weeks after cases and hospitalizations rise.

We urge the public to avoid visiting the Emergency Room for COVID-19 testing and minor medical issues, unless emergency medical care is needed.

Click [here](#) for developing news on this winter's COVID-19 surge.

Please Avoid Visiting the Emergency Room Unless Emergency Medical Care is Needed.

Residents should **NOT** visit the ER or call 911 for COVID-19 testing & minor complaints.

Emergency room visits should be reserved for those severely ill or who have serious concerns about their health and require immediate emergency care.



Visit ph.lacounty.gov/coronavirus for home isolation instructions & care info & covid19.lacounty.gov/testing for testing.



Protecting Ourselves and Others

While the explosive increase in cases indicate very high community transmission, we do have tools to protect ourselves and others:

- [Vaccination and booster doses](#) are still very powerful ways to reduce your risk of infection or transmission, as well as hospitalization and death. No appointments are necessary – click [here](#) to view the locations.
- Get [tested](#) if you are feeling sick, have symptoms, or have been exposed to someone with COVID-19.
- Wear a [well-fitted medical-grade mask or a respirator](#) when you're in indoor public spaces or crowded outdoor spaces, or near someone you know to be vulnerable to severe COVID-19 infection.
- Pause non-essential activities where people are unmasked and in close contact with others and limit your time with others to essential work or school activities whenever possible until the surge subsides.

WALK-IN VACCINE & BOOSTERS ARE AVAILABLE!

NO APPOINTMENTS
NECESSARY

[View Locations »](#)



COVID-19 Testing Kits Available for Pick-Up



LA County launched a new testing program designed to increase and facilitate access to COVID-19 tests for LA County residents unable to obtain appointments.

[The Pick-Up Testing Kit program](#) allows residents to pick up a PCR test kit, perform the test and return the completed test to designated sites for processing. Residents will be notified of their test results within 24-48 hours.

Pick-Up Testing Kits are provided at no cost to you if you meet the following criteria:

- *Have symptoms of COVID-19, OR*
- *Think you were exposed to COVID-19.*

For more information on the Pick-Up Testing Kit Program, click [here](#).

Know Your COVID-19 Testing Options!

Regular COVID-19 testing is still taking place throughout LA County. With COVID-19 cases surging in LA County, please consider the following options to get tested for COVID-19.

1. Have insurance? Start by contacting your doctor or visiting your local pharmacy.
2. Need a test for work or school? Go through your job or educational facility.
3. Don't fall into those categories? Get a free County-sponsored test. To find a testing site near you, click [here](#).

KNOW YOUR COVID-19 TESTING OPTIONS

- 1** If you have insurance, start by contacting your doctor or visiting your local pharmacy.
- 2** If your employer or school requires a test, go through your job or educational facility.
- 3** If you don't fall into those categories, free County-sponsored tests are available. Visit covid19.lacounty.gov/testing to find a location near you.

For more information, visit covid19.lacounty.gov/testing

Health Services
LOS ANGELES COUNTY

Masking

The new [Health Officer Order](#) requires employers to provide and require employees to wear a well-fitting medical grade mask, surgical mask, or higher-level NIOSH-approved respirator, such as an N95, at all times while indoors at the worksite or facility. This order takes into effect as soon as possible and no later than **January 17, 2022**.

Click [here](#) for more information on mask wearing.

WHICH MASKS PROVIDE THE BEST PROTECTION?

GOOD	BETTER	BEST
<ul style="list-style-type: none">• Fabric mask with three or more cloth layers	<ul style="list-style-type: none">• Double mask (surgical mask + cloth mask)• Fitted medical mask (surgical mask)	<ul style="list-style-type: none">• N95• KN95• KF94

COUNTY OF LOS ANGELES
Public Health

With schools back in session, in order to prevent the spread of the Omicron Variant, upgraded masks are also required for school staff and strongly recommended for students.

To prevent the spread of the Omicron variant, school staff are required to wear upgraded masks.



Upgraded masks are:

- Surgical grade masks
- N95 or KN95 respirator masks

CLOTH FACE COVERINGS ALONE ARE NO LONGER ACCEPTABLE, AS THEY DO NOT PROVIDE THE SAME LEVEL OF SOURCE CONTROL OR PERSONAL PROTECTION AS A MEDICAL GRADE MASK OR HIGHER LEVEL PPE (N95 OR KN95).



To prevent the spread of the Omicron variant, it is strongly recommended that students wear upgraded masks.



Upgraded masks are:

- well-fitting
- non-cloth with multiple layers of non-woven material with a nose wire

MASKING NOW REQUIRED FOR ALL OUTDOOR ACTIVITIES WHERE PHYSICAL DISTANCING IS NOT FEASIBLE, EXCEPT WHILE EATING OR DRINKING.




COVID-19 – Booster Shot Updates


The CDC has expanded recommendations for COVID-19 vaccine booster shots to now include everyone ages 12 years and older. At this time, only the Pfizer COVID-19 vaccine is authorized and recommended for teens ages 12 to 17.

UPDATED mRNA COVID-19 VACCINE RECOMMENDATIONS FOR KIDS & TEENS

At this time, Pfizer-BioNTech is the only COVID-19 vaccine authorized for use in those ages 5–17 years old.



Age	Which shot to get?	Primary Series?	Booster Dose?
5–11	Pfizer-BioNTech	2 doses spaced 21 days apart (additional primary dose spaced 28 days after 2nd dose if immunocompromised)	None recommended at this time
12–17	Pfizer-BioNTech	2 doses spaced 21 days apart (additional primary dose spaced 28 days after 2nd dose if immunocompromised)	5 months after completion of the primary series



FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



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Also, the CDC has shortened the interval between primary vaccine series and the booster dose for mRNA vaccines from 6 to 5 months. This means that people who initially received an mRNA vaccine series – two doses of either Moderna or Pfizer – can now receive an mRNA booster shot 5 months after completing their initial series.

UPDATED mRNA COVID-19 BOOSTER RECOMMENDATIONS

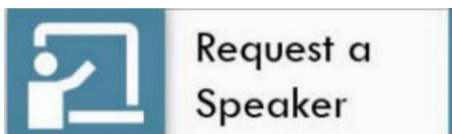
Age	How long after mRNA COVID-19 primary vaccination series?	Which shot to get?
12-17	5 months	Pfizer-BioNTech
18+	5 months	Pfizer-BioNTech or Moderna (Janssen may be considered in some circumstances)

FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



COVID-19 Resources

Need a COVID-19 Vaccine Presentation?



The Los Angeles County Department of Public Health offers an array of presentations, including the Novel Coronavirus and COVID-19 vaccines. If you would like to schedule a presentation for your organization, click [here](#).

SPA 5 & 6 RESOURCES

Connect to Free Housing Resources

#CAMortgageRelief

**NOW ACCEPTING
APPLICATIONS**

GET CAUGHT UP

Visit CaMortgageRelief.org today



If you're a homeowner who's behind on your housing payments, you may be eligible for the California Mortgage Relief Program.

The program is open to all eligible Californians who are currently experiencing pandemic-related hardships and have fallen behind on their housing payments. Click [HERE](#) for details about eligibility requirements.

Free Financial Resources



If you know someone struggling to pay for their home each month, learn how they can receive up to \$30,000 and free counseling. Visit [here](#) to learn how to apply for housing funding.

COVID-19 Tenant Protections



To learn more about COVID-19 tenant protections, visit the [Housing Rights Center](#) website and join their [free weekly workshops](#). Click [here](#) for more information.

2022 Annual Homeless Count

Homeless Count

**EVERYONE COUNTS.
NO MATTER WHERE
THEY LIVE.**

Greater Los Angeles Homeless Count
January 25 - 27, 2022

Every January, we embark on a 3-day mission to count our unhoused neighbors across Los Angeles County. Sign up today to volunteer at theycountwillyou.org.
#TheyCountWillYou

LAHSA

The graphic features a teal background with a white bench and a street lamp on the right side.

If you want to make a meaningful difference in your community, consider volunteering for the Greater Los Angeles Homeless Count. This annual count gives us a better picture of people experiencing homelessness, which ultimately informs where we direct supportive services. [Sign up now](#) to count in your neighborhood on Jan. 25, 26, or 27.

VACCINATE L.A. NEWSLETTER

COVID-19 VACCINE

Sign up for the
Vaccine Newsletter at
VaccinateLACounty.com

The graphic shows a laptop displaying a newsletter sign-up form, with logos for LAHSA and the County of Los Angeles Department of Public Health at the bottom.

Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit VaccinateLACounty.com to learn more about:

- [Eligibility](#)
- [Vaccine appointments](#)
- [Vaccine safety](#)
- [Myths & Facts](#)
- [Frequently asked questions](#)

USEFUL LINKS AND RESOURCES

[California Rent Relief Program](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

[FEMA Funeral Assistance](#)

[Financial Navigators Program](#)

[Flu Vaccines](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free mindfulness app](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's COVID-19 Tenant Protections Resolution](#)

[LA County's Office of Immigrant Affairs](#)

[LA County Youth Suicide Prevention Project](#)

[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Request a Mobile Vaccination Team](#)

[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

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