



Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

What You Need to Know About the Coronavirus

Public Health Emergency Ends - SMARTER Plan in use

As the 3-year public health state of emergency of COVID ends...the cause is still here. What does this mean? California’s state COVID 19 emergency declaration ended February 28th. The emergency declaration provided mandates, state and federal funds to fight the COVID virus. The end of the declaration means a change in the use of government funding, and phasing out the regulations and orders that have been in place. California will be following the SMARTER plan.

S - Shots	Stay up to date with shots and boosters.
M - Masks	April 3 - mandates for mask use in medical facilities and physician’s offices will end. Masks are always a choice for anyone to use at any time.
A - Awareness	March 13 - isolation for positive COVID test is 5 days; if the patient feels well, symptoms are improved and no fever for 24 hours.
R - Readiness	Stay up to date with information, vaccines and stay home when not feeling well.
T - Testing	Less emphasis on testing negative. Tests can be obtained through pharmacies and healthcare providers.
E - Education	November 11th - California has 6 months added to the May 11th Federal Rule ending... Health insurance, Medicare, is to continue cover, with no cost to the patient for vaccines, testing and treatment.
R - Rx for treatment	Treatments should be started within 5 days of symptoms for best results. Can be obtained through healthcare providers and some pharmacies.

Updated boosters cut risk of hospitalization; research shows. A study published by the Center for Disease Control (CDC) on December 16th, found that adults 65 and older who received an updated bivalent COVID-19 booster saw their risk of hospitalization reduced by 73 percent compared with peers who received the original COVID-19 vaccines only. A second study, also published by the (CDC) on December 16, found that the new Omicron-targeting boosters may reduce the risk of severe COVID-19 in all adults by 50 percent or more. Health officials encourage all people eligible for a bivalent booster to get one as soon as possible, in an effort to avoid a winter surge of severe illness. “With co-circulation of multiple respiratory viruses, including SARS-CoV-2 (COVID), influenza and respiratory syncytial virus (RSV), vaccination against respiratory diseases for which vaccines are available is especially important to prevent illness resulting in health care encounters and to reduce strain on the health care system,” according to a Center for Disease Control (CDC) Report.



Health officials continue to recommend Bivalent boosters for older adults. Staying up to date with vaccines is the most effective tool we have for reducing death, hospitalization, and severe disease from COVID-19, according to the Center for Disease Control (CDC) and the Food and Drug Administration (FDA). Data shows that for those who received an updated bivalent vaccine, the risk of hospitalization from COVID-19 was reduced by nearly threefold compared with those who were previously vaccinated but have not received the updated vaccine.

Who is at Risk for COVID-19

Anyone can get COVID-19, but some people are more at risk for what experts call “severe disease,” at which time hospitalization or intensive care may be required. Older adults are more likely than younger, healthier people to experience serious illness from COVID-19. The vast majority of COVID-19 deaths in the US have occurred among people 50 and older – **and the risk increases with age.**

Adults of any age with underlying medical conditions are at an increased risk for complications from a coronavirus infection.

What can YOU do to Reduce your Risk? Get Vaccinated and get Boosted!

In Stanislaus the COVID-19 Community Level Is;

MEDIUM

Weekly Metrics used to determine COVID-19 Community Level

Case Rate per 100,000 populations
58.11

New COVID-19 Admissions per 100,000
10.9

% Staff inpatient beds in use with confirmed COVID-19
6.5%

% Vaccinated in Stanislaus County

1 Dose **66.5%**

2 Doses **60.7%**

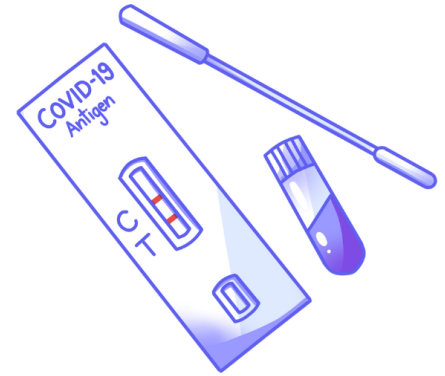
Booster Dose **31.1%**



Home Tests

There are many convenient ways you can get self-tests:

- **Get no-cost self-tests from participating retail pharmacies.** Medicare member can visit Medicare.gov for participating pharmacies and present your Medicare ID card at the pharmacy counter.
- **Kaiser Permanente members** can order 4 self-tests at a time at no cost. Tests arrive by mail, typically within 3-4 days.
- **Order self-tests from the federal government.** The federal government has restarted its program to deliver 4 free self-tests per household. Go to; covid.gov/tests.



(If you need assistance in ordering call: Healthy Aging Association at (209) 525-4670)

The shelf life of some brands of COVID-19 home antigen tests have been extended by the FDA. You can visit the FDA's website, [fda.gov](https://www.fda.gov) and type the brand of the test (e.g., IHealth or CareStart) in the search field to see whether your test has been affected and view the new expiration date. The extension of the expiration date means that your test is still effective and reliable if you follow the manufacturer's instructions.

Find an In-Person Test and Vaccine Site

Test and Treat sites in Salida and Turlock have closed.

COVID Clinic – 3401 Dale Road (Vintage Faire Mall) , Suite 483 (Testing ONLY)

Stanislaus Public Health Immunization Clinic (Vaccines only to uninsured)

401 Paradise Road, Suite E. Modesto

Kaiser Permanente provides vaccines to non-members.

Contact your healthcare provider for more information on vaccines.

Most large pharmacies; Provides testing and vaccines; CVS, Rite Aid, Walgreens, and Walmart.

Treatments

Several medications are available to treat COVID-19, though this list changes as new variant emerge. With the current batch of omicron subvariants circulating, Three treatments are available:

- Paxlovid, a prescription oral antiviral pill
- Veklury (Remdesivir), an antiviral medication given by IV
- Lagevrio (Molnupiravir), a prescription oral antiviral pill.

If you test positive for COVID-19, talk to your doctor right away about treatment options. These medications work better the sooner you start them.

Save the Date and Join us at our 16th annual fundraiser

AGE WITH MOVEMENT CELEBRATION

Friday, May 5, 2023
8:00 A.M. - 12:00 P.M.
East La Loma Park
2001 Edgebrook Drive, Modesto, 95354

Free event | Fitness Fun | Opportunity Drawing | BINGO
add on an exclusive aqua event shirt and bag for \$20.00

Register today by visiting www.healthyagingassociation.org
or by calling (209) 525-4670

Young at Heart Strength Training

This program is evidence based, practice tested intervention for older adults 60 and up, that has been shown to reduce the risk of falling. The Young at Heart Strength Training program focuses on increasing strength, improving balance, and flexibility. The goal is to keep participants functioning as they age and accommodate most fitness levels. The class utilizes resistance tubes and are led by trained and certified fitness instructors.

- Classes meet in-person throughout Stanislaus County or virtually via Zoom. **Call Healthy Aging Association at (209) 525-4670 for more information.**



Are You Concerned About Falling?

Join our 8-week course to learn to reduce fears about falling through small group discussion and a session with a physical therapist. The next A Matter of Balance Modesto class will be on Tuesdays beginning April 4 - May 23, 2023 from 9:30 A.M. - 11:30 A.M. Space is limited. **For more information or to register, call Healthy Aging Association at (209) 525-4670.**



Healthy Aging Association

Our Mission is “to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.”

3500 Coffee Road, Suite 19, Modesto CA 95355 | (209) 525-4670

En español por favor llame (209) 525-4670

For Senior Information and Assistance contact (209) 558-8698

*Thank you to The Center at Sierra Health Foundation
who support our local COVID-19 response efforts.*

