COVID-19 Homeless Providers Call September 10, 2020

NOTES and Follow-Up Information

1. Guide for home isolation and quarantine:
   http://www.santacruzhealth.org/Portals/7/Pdfs/Coronavirus/Spanish_Patient%20Information%20Booklet_UPDATED_May.pdf

2. Link to the County Health Services Agency Data dashboard that Matt references on the calls:
   http://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome.aspx

3. Information on Flu Vaccines from Joey at HPHP (please also see attached documents):

   “I know you might get a lot of questions about the flu, and what is recommended is to keep it simple and presumptive, meaning rather than asking “do you want a flu shot,” suggest “its flu season and you are probably due for your annual flu shot...”

   There was a question about this year’s flu shot and what it covers. I found some of the answers to that questions at the following site:


   There is quite a lot of information, so I would just take the first three sentences as your answer:

   •  There are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses (depending on the vaccine) that research suggests will be most common. (CDC.gov/flu, 2020)

   Flu and COVID-19 have more similarities in symptoms than differences, but according to https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm COVID-19 can include a loss of taste or smell that is not a symptom of the flu. When screening staff and residents, it’s better to play it safe, so any symptoms that resemble COVID-19 OR flu should result in quarantine protocols to prevent transmission.

   I’ve attached some patient information related to the Flu vaccine. While the vaccine information sheet is dated 8/15/19, it is the most updated vaccine information sheet, and a form we typically give patients when they actually get vaccinated, not necessarily before.
The “get the facts” and “benefits of flu vaccine during COVID-19” both have some good talking points, but here are them in bullet points:

- **Keep it simple**: “Flu vaccine helps reduce risk of hospitalization and death.”
- **Use a presumptive approach**: “Today we are giving you your annual flu vaccination.”
- **Communicate why you vaccinate**: “Vaccination prevents flu and severe outcomes of flu.” “Preventing the flu also means preventing missed work and helps you avoid doctor appointments and unnecessary medications. It also means preventing flu symptoms that can mimic COVID-19, saving healthcare resources needed for COVID-19 care.”
- **Communicate the variability and unpredictability of flu**: “This is why it is best to get an annual flu vaccination.”
- **Acknowledge that flu vaccination is not always a perfect match with the circulating virus types. But flu and flu-related severe illnesses are common: outbreaks occur almost every year.** “The vaccine is the best way to reduce your risk of flu and its negative outcomes.”
- **Getting vaccinated is free, quick, and safe**: Most clinics, including HPHP, will offer flu shots with curbside, drive up/drive through options in addition to being vaccinated during regular clinic appointments. To arrange curbside or drive up options, call our front desk at 831-454-2080 and we will make sure you are vaccinated without the hassle of even coming to the clinic. Remain in your vehicle or across the street and we will come to you! At shelter sites or encampments, call us or contact Joey Crottojini at HPHP to arrange a flu vaccination clinic at your site.
- **Early research suggests that flu vaccine may decrease severity of COVID-19 if exposed**: Research out of Brazil is showing that individuals who were vaccinated against the flu, but later got COVID-19, had less severe symptoms and decreased hospitalizations than those who did not get a flu vaccine.
- **Side affects of flu vaccine**: When we vaccine, we always monitor the patient for approximately 30 minutes to make sure there is not an allergic reaction, which is very rare. However, there can be adverse reactions and some side affects of the flu vaccine could be experiencing mild headache or muscle pain for 24-48 hours after vaccination, as well as soreness in the area of the vaccine.
- **Many flu symptoms are similar to symptoms of COVID-19, so screeners at shelters will implement quarantine protocols as a result if you show symptoms of either flu or COVID-19.** To prevent this, GET VACCINATED to protect yourself and your neighbors, friends, family, and coworkers.

I hope this information is helpful in your efforts to encourage staff and residents to be vaccinated against the flu. Once we receive our stock of vaccine, we will arrange a site visit with you. We can vaccine your residents, as well as your staff! Keep in mind the space at your sites, as we would prefer to set-up to vaccine outside or in an area that is well ventilated and allows for social distancing. Let me know if you have any questions.”

4. If you are interested in participating in the Wednesday Shelter Provider calls, please contact Tatiana at Tatiana.brennan@santacruzcounty.us

5. Information on the Santa Cruz Community Credit Union’s new banking program for persons staying in shelters – please see attached flier
Next COVID-19 Homeless Provider Call will be on Thursday, September 24, 10:00 am.
Communicating the Benefits of Seasonal Influenza Vaccine during COVID-19

Influenza (flu) severity varies from year to year, but flu always brings serious consequences. The prevention of influenza and its associated consequences is important every year. Although the effectiveness of the flu vaccine can vary, overall the vaccine markedly lowers the risk of influenza-related illness, hospitalization, and death.

The COVID-19 pandemic means preventing influenza during 2020–21 is more important than ever. Influenza and COVID-19 share many symptoms. Preventing influenza means fewer people will need to seek medical care and testing for possible COVID-19 or influenza. And increasing flu vaccination uptake saves healthcare resources for COVID-19 and other conditions. Begin recommending flu vaccine now, and vaccinate throughout the flu season, providing extra outreach to those at highest risk of severe COVID-19 or severe influenza.

Research shows flu vaccination:

- Reduces Hospitalization and Death
  - Pediatric deaths from flu were cut in half for children with underlying high-risk medical conditions and by two-thirds for healthy children.
  - Influenza hospitalizations were cut in half for all adults (including those 65+ years of age).
  - Influenza hospitalizations dropped dramatically among people with chronic health conditions – by 79% for people with diabetes and 52% for those with chronic lung disease.
  - Vaccinating long-term care facility (LTCF) staff reduces hospitalizations and deaths in LTCF residents.

- Reduces Severity of Illness in Hospitalized Individuals
  - Among adults hospitalized with flu, intensive care unit (ICU) admissions decreased by more than half (59%), and fewer days were spent in ICU if vaccinated.
  - Children’s risk of admission to a pediatric intensive care unit (PICU) for flu-related illness was cut by almost 75%.

- Reduces Risks for Major Cardiac Events
  - Risk of a major cardiac event (e.g., heart attack) among adults with existing cardiovascular disease was reduced by more than one-third.

- Protects Pregnant Women and Their Babies
  - For pregnant women, flu-associated acute respiratory infections were cut in half, and flu-associated hospitalizations were reduced by 40%.
  - Influenza illnesses and influenza-related hospitalizations in infants under 6 months of age fell by half when their mothers were vaccinated.

CDC estimates that, from October 1, 2019–April 4, 2020, there were:

- 39 million–56 million flu illnesses
- 18 million–26 million flu medical visits
- 410,000–740,000 flu hospitalizations
- 24,000–62,000 flu deaths

How to Discuss Vaccine Effectiveness

- Keep it simple: “Flu vaccine helps reduce risk of hospitalization and death.”
- Use a prescriptive approach: “Today we are giving you your annual flu vaccination.”
- Communicate why we vaccinate: “Vaccination prevents flu and severe outcomes of flu.”
- “Preventing the flu also means preventing missed work and helps you avoid doctor appointments and unnecessary medications.
- It also means preventing flu symptoms that can mimic COVID-19, saving healthcare resources needed for COVID-19 care.”

- Communicate the variability and unpredictability of flu: “This is why it is best to get an annual flu vaccination.”
- Acknowledge that flu vaccination is not always a perfect match with the circulating virus types. But flu and flu-related severe illnesses are common: outbreaks occur almost every year. “The vaccine is the best way to reduce your risk of flu and its negative outcomes.”

What are the Benefits of Seasonal Flu Vaccine?

**Reduces Hospitalization and Death**

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- Influenza hospitalizations were cut in half for all adults (including those 65+ years of age).
- Influenza hospitalizations dropped dramatically among people with chronic health conditions – by 79% for people with diabetes and 52% for those with chronic lung disease.
- Vaccinating long-term care facility (LTCF) staff reduces hospitalizations and deaths in LTCF residents.

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**Reduces Risks for Major Cardiac Events**

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- Influenza illnesses and influenza-related hospitalizations in infants under 6 months of age fell by half when their mothers were vaccinated.

Footnotes

2. CDC. CDC Seasonal Flu Vaccine Effectiveness Studies. www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm
8. E. Ferdinands, 2019, Journal of Infectious Diseases. DOI: 10.1093/infdis/jyy723
10. Thompson, 2019, Clinical Infectious Diseases. DOI: 10.1093/cid/ciz275
Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

1 **Why get vaccinated?**

Influenza vaccine can prevent influenza (flu).

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2 **Influenza vaccine**

CDC recommends everyone 6 months of age and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

3 **Talk with your health care provider**

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).

In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.
4 Risks of a vaccine reaction

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13), and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 9-1-1 and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call 1-800-822-7967. VAERS is only for reporting reactions, and VAERS staff do not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call 1-800-338-2382 to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO) or
  - Visit CDC’s www.cdc.gov/flu

Vaccine Information Statement (Interim)
Inactivated Influenza Vaccine
8/15/2019 | 42 U.S.C. § 300aa-26
YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die. The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death. A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU

During the 2018-2019 influenza season, influenza vaccination prevented an estimated 4.4 million illnesses, 58,000 hospitalizations, and 3,500 deaths associated with influenza. While some people who get a flu vaccine still get sick, studies show it can make their illness less severe, such as reduced intensive care unit admissions and duration of hospitalization.

During recent seasons, flu vaccine has reduced the risk of flu illness in vaccinated people by between 40% and 60%. While some people who get a flu vaccine still get sick, studies show it can make their illness less severe, such as reduced intensive care unit admissions and duration of hospitalization.

During the 2019-2020 influenza season, there were 185 influenza-related pediatric deaths reported to CDC. A recent study was the first of its kind to show that influenza vaccination can significantly reduce a child’s risk of dying from influenza.

While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.

Remember that a flu vaccine not only protects you, but it also can help protect those around you, including people who are more vulnerable to serious flu illness, like babies, young children, older adults, pregnant women, and people with certain chronic health conditions.

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at high risk of developing serious complications from flu, including children younger than 5, pregnant women, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety. Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit [WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU) for more information.

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2. [https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html](https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html)
4. [https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm](https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm)
5. [https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm](https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm)
7. [https://www.cdc.gov/flu.prevent/general.htm](https://www.cdc.gov/flu.prevent/general.htm)
Homeless Persons Health Project

Call 831-454-2080 to schedule an appointment or arrange a flu clinic at your shelter site.

Curbside & drive-up vaccine options available.

Drop-in hours available Tuesday & Thursday 8:30am-11:30am or during normal clinic hours.

Homeless Persons Health Project - 115A Coral St., Santa Cruz, CA 95060
Reaching Out With Banking Options You Need

YOU’RE AN ESSENTIAL PART OF OUR COMMUNITY

At Santa Cruz Community Credit Union (SCCCU), we want to make sure you have the banking options you need to be successful. That’s why, in cooperation with the County of Santa Cruz, we’re offering a full range of banking services to those participating in the Santa Cruz County shelter program.

WHAT IT MEANS TO BE A MEMBER

One of the benefits of SCCCU membership is that once you join, you own a share of the Credit Union. SCCCU offers Personal Savings Accounts and Checking Accounts to anyone who lives or works in Santa Cruz county.*

24/7 ACCESS TO YOUR MONEY

- Cash Government Checks – a safe and less expensive way to access your funds quickly and easily.
- Online and Mobile Banking – you’ll have 24/7 access to your accounts using a computer or mobile device. Check balances, deposit a check, transfer funds and more.
- Make Deposits – a safe place to keep your money or start saving.
- ATMs – you can get cash, check your balance, and more for free at any SCCCU ATM.

GETTING STARTED

It’s easy to open membership. Your shelter staff will give you an Introductory Letter verifying your address and participation in a Santa Cruz County Shelter Program. Bring that letter along with a government-issued, photo identification card to open your account, such as:

- State-Issued Driver’s License
- Stated-Issued ID Card
- Passport
- Matricular Consular

Call Alejandro Avalos at 831-460-2403 to schedule an appointment and open your account.

* The usual $5 membership fee will be covered by SCCCU for Shelter members. Please note that some members will not be eligible for every product and service offered by SCCCU, based on a variety of factors.

SANTA CRUZ 324 Front Street, Santa Cruz, CA 95060
WATSONVILLE 590 Auto Center Dr., Suite 2A, Watsonville, CA 95076
SOQUEL 2750 41st Avenue, Suite F, Soquel, CA 95073
Vacuna contra la influenza (gripe) (inactivada o recombinante): 
Lo que necesita saber

1 ¿Por qué es necesario vacunarse?

La vacuna contra la influenza puede prevenir la influenza (gripe).

La gripe es una enfermedad contagiosa que se propaga por los Estados Unidos cada año, generalmente entre octubre y mayo. Cualquiera puede contraer la gripe, pero es más peligroso para algunas personas. Los bebés y niños pequeños, las personas de 65 años de edad y mayores, las mujeres embarazadas y las personas con ciertos padecimientos de salud o un sistema inmunitario debilitado tienen un mayor riesgo de sufrir complicaciones por la gripe.

La neumonía, la bronquitis, las infecciones sinusales y las infecciones del oído son ejemplos de complicaciones relacionadas con la gripe. Si tiene un padecimiento médico, como una enfermedad del corazón, cáncer o diabetes, la gripe puede empeorarlo.

La gripe puede causar fiebre y escalofríos, dolor de garganta, dolores musculares, fatiga, tos, dolor de cabeza y secreción nasal o congestión nasal. Algunas personas pueden tener vómito y diarrea, aunque esto es más frecuente en niños que en adultos.

Cada año, miles de personas mueren por influenza en los Estados Unidos, y muchas más son hospitalizadas. La vacuna contra la gripe previene millones de enfermedades y visitas al médico relacionadas con la gripe cada año.

2 Vacuna contra la influenza

Los Centros para el control y la prevención de enfermedades (Centers for Disease Control and Prevention, CDC) recomiendan que todas las personas de 6 meses de edad y mayores se vacunen cada temporada contra la gripe. Niños de 6 meses a 8 años de edad pueden necesitar 2 dosis durante una sola temporada de gripe. Todos los demás necesitan solo 1 dosis cada temporada de gripe.

La protección tarda aproximadamente 2 semanas en desarrollarse después de la vacunación.

Hay muchos virus de la gripe y siempre están cambiando. Cada año se fabrica una nueva vacuna contra la gripe para proteger contra tres o cuatro virus que probablemente causen enfermedades en la próxima temporada de gripe. Incluso cuando la vacuna no coincida exactamente con estos virus, aún puede brindar cierta protección.

La vacuna contra la influenza no causa gripe.

La vacuna contra la influenza puede aplicarse al mismo tiempo que otras vacunas.

3 Hable con su proveedor de atención médica

Informe a su proveedor de vacunas si la persona que va a recibir la vacuna:
• Ha tenido una reacción alérgica después de una dosis previa de la vacuna contra la influenza o si ha tenido cualquier alergia grave y potencialmente mortal.
• Alguna vez ha tenido el síndrome de Guillain-Barré (también llamado SGB).

En algunos casos, su proveedor de atención médica podría decidir que se posponga la vacunación contra la influenza para una visita futura.

Se puede vacunar a personas con enfermedades leves, como la gripe. Personas con enfermedades moderadas o graves usualmente deben esperar hasta recuperarse antes de recibir la vacuna contra la influenza.

Su proveedor de atención médica puede proporcionarle más información.
**Riesgos de una reacción a la vacuna**

- Puede presentarse dolor, enrojecimiento e hinchazón donde se aplica la inyección, fiebre, dolores musculares y dolor de cabeza después de recibir la vacuna contra la influenza.
- Puede haber un aumento muy pequeño del riesgo de contraer el síndrome de Guillain-Barré (SGB) después de recibir la vacuna inactivada contra la influenza (la vacuna contra la gripe).

Los niños pequeños que reciben la vacuna contra la gripe junto con la vacuna antineumocócica (PCV13) y/o la vacuna DTaP al mismo tiempo pueden tener un poco más de probabilidades de tener una convulsión causada por la fiebre. Informe a su proveedor de atención médica si un niño que recibe la vacuna contra la influenza ha tenido convulsiones alguna vez.

En algunos casos, las personas se desmayan después de un procedimiento médico, incluida la vacunación. Informe a su proveedor de atención médica si se siente mareado o si tiene cambios en la visión o zumbido en los oídos.

Al igual que con cualquier medicina, hay probabilidades muy remotas de que una vacuna cause una reacción alérgica grave, otro daño grave o la muerte.

**¿Qué debo hacer si hay un problema grave?**

Podría ocurrir una reacción alérgica después de que la persona deje la clínica. Si observa signos de una reacción alérgica grave (ronchas, hinchazón de la cara y garganta, dificultad para respirar, latidos rápidos, mareo o debilidad), llame al 9-1-1 y lleve a la persona al hospital más cercano.

Llame al proveedor de atención médica si hay otros signos que le preocupan.

**Programa nacional de compensación por lesiones ocasionadas por vacunas**

El Programa nacional de compensación por lesiones ocasionadas por vacunas (National Vaccine Injury Compensation Program, VICP) es un programa federal que se creó para compensar a las personas que podrían haber experimentado lesiones ocasionadas por ciertas vacunas. Visite el sitio web de VICP en www.hrsa.gov/vaccinecompensation o llame al 1-800-338-2382 para obtener información acerca del programa y de cómo presentar una reclamación. Hay un plazo límite para presentar una reclamación de compensación.

**¿Dónde puedo obtener más información?**

- Consulte a su proveedor de atención médica.
- Llame a su departamento de salud local o estatal.
- Comuníquese con los Centros para el Control y la Prevención de Enfermedades (CDC):
  - Llame al 1-800-232-4636 (1-800-CDC-INFO) o
  - Visite el sitio web www.cdc.gov/flu de los CDC

Las reacciones adversas se deben reportar al Sistema de informes de eventos adversos derivados de vacunas (Vaccine Adverse Event Reporting System, VAERS). Es usual que el proveedor de atención médica informe sobre ello, o también puede hacerlo usted mismo. Visite el sitio web de VAERS en www.vaers.hhs.gov o llame al 1-800-822-7967. *El VAERS es solo para informar sobre reacciones y el personal de VAERS no proporciona consejos médicos.*