

## COVID-19 RESOURCES

<https://www.npien.com/health/covid-19-resources>



### COVID-19 Updates – 5/2023

#### *End of COVID-19 Public Health Emergency:*

May 11, 2023: The Department of Health and Human Services declared the end of the COVID-19 Public Health Emergency based on COVID-19 trends.

- Testing, Vaccines, and Treatment
  - People with **Medicare** can continue to receive free COVID-19 PCR and antigen tests when the test is ordered by a physician or other health care provider. There is no change in access to medications, such as Paxlovid and Lagevrio.
  - People with **Medicaid and CHIP** can receive free COVID-19 vaccines, testing and treatment through September 30, 2024. After that date, insurance coverage of tests and treatments will vary by state.
  - Access to free COVID-19 vaccines, testing and treatment for **uninsured** individuals ended May 11, 2023, but some counties may still offer these services.
  - For people with **private insurance**, coverage of COVID-19 vaccinations, testing and treatment varies by plan.

#### *LA County*

- COVID-19 cases, deaths, and hospitalizations are dropping. While our communities are headed in the right direction, the COVID-19 virus remains more severe than other respiratory illnesses, so it's important to stay cautious.
- In LA County, 8 people still die each day from COVID-19. As of April, there have been a total of 36,047 deaths in LA County.
- More than 1 in 4 people who have ever had COVID went on to experience **long COVID**. Risk factors that make people more likely to experience long COVID include not getting a COVID-19 vaccine, underlying health conditions, and experiencing more severe COVID-19 illness, especially requiring hospitalization.

#### *New COVID Strain - May 2023*

The first cases of the newest Omicron strain have been confirmed in LA County. Residents are being asked to watch out for possible new symptoms and take precautions. Reports of conjunctivitis, more commonly known as “pink eye,” are being attributed to this COVID strain. People may also experience traditional COVID symptoms, such as fever, cough and shortness of breath.

#### *Updated Recommendations:*

1. Masking indoors is still highly recommended for elderly, immunocompromised, or people with heart disease, high blood pressure, lung disease, or who smoke. Take extra precautions like getting a second bivalent booster, frequent hand washing, avoiding touching your eyes and face, staying home when sick and testing.
2. People who test positive for COVID-19 should isolate (stay home) for 5 days. They can end isolation after they have been fever-free for 24 hours and have either no or mild symptoms.
3. It’s recommended that people with known exposure to someone with a confirmed case of COVID-19 should stay masked indoors and [test within 3-5 days of the last known exposure](#).
4. Staying up to date on COVID-19 vaccines and boosters is highly recommended. Updated boosters add protection from fading immunity and reduce risk of hospitalization and death. ([See below for vaccine information](#))
5. Are you underinsured or uninsured and concerned about your COVID symptoms? Call the Public Health Call Center to connect to services.
  1. 1-833-540-0473 (available 7 days a week, 8 a.m. to 8:30 p.m.)
  2. <https://www.pacificislanderhealth.org/resources>
  3. Dial 2-11 in Southern California

#### *Native Hawaiian and other Pacific Islander COVID-19 Data*

### **[Native Hawaiian and Pacific Islander COVID-19 Community Toolkit](#)**

**In California, Native Hawaiians and other Pacific Islanders (NHPI) have the highest rates of COVID-19 infection and the highest rates of death from COVID-19 compared to all other racial and ethnic groups.** These links provide specific information about the impact of COVID-19 on our NHPI communities:

#### **COVID-19 Cases**

- [https://public.tableau.com/app/profile/richard.chang2607/viz/top\\_10\\_counties\\_dashboard/MainDashboard](https://public.tableau.com/app/profile/richard.chang2607/viz/top_10_counties_dashboard/MainDashboard)

#### **COVID-19 Death Rates**

- [https://public.tableau.com/app/profile/richard.chang2607/viz/ca\\_counties\\_covid\\_dashboard/Story1](https://public.tableau.com/app/profile/richard.chang2607/viz/ca_counties_covid_dashboard/Story1)

#### **Hear from Pasifika Community Members**

1. [Who will you get vaccinated for?](#)
2. [The Future of our PI Communities is in your hands](#)
3. [Tongan Youth Share COVID-19 Message](#)
4. [‘Is your opinion really worth your life? It’s not.’: A Tongan nursing student shares the painful cost of long-haul COVID](#)

### **[COVID-19 Vaccines](#)**

A strong flu and COVID season is occurring due to less masking and social distancing. Protect your friends, loved ones, and members of your community by encouraging them to get an updated COVID vaccine. Updated vaccines protect against both the original COVID virus and the current Omicron strains. Also consider a Flu vaccine.

### *Quick Vaccine Facts*

1. In LA County, people who were unvaccinated were five times more likely to be hospitalized compared to people who are vaccinated with the bivalent updated booster.
2. People ages 65 and older who are vaccinated but haven't had the bivalent updated booster run double the risk of dying from COVID-19 compared to those who have gotten both primary series vaccines and the bivalent updated booster.
3. If you are 65 and older and/or have a weakened immune system, you can now get a **second dose of the updated bivalent COVID vaccine!**
4. If you are unvaccinated, it's never too late to protect yourself against COVID. You also qualify for the updated COVID vaccine.

### **EVERYONE 5+**

- Everyone who is at least 5 years old and has completed a primary COVID vaccine series can get an updated COVID vaccine.
- Updated COVID vaccines offer you the only targeted protection you can get against the Omicron strain out there now.
- No matter which COVID vaccine series you got or how many additional doses you've already gotten, **get an updated COVID vaccine if it's been at least 2 months since your last dose.**
- If you recently had COVID, you can get an updated COVID vaccine 3 months from when you got sick.
- The COVID vaccines available in the United States, including the updated vaccines, meet the FDA's and CDC's very high safety standards.

### **ADULTS 50+**

- Age is the strongest risk factor for COVID complications.
  - If you are 50 or older, your risk of dying from COVID is 4x higher than it is for adults under 40.
  - 9 out of 10 U.S. COVID deaths were people 50 and older.
  - People 50 and older are twice as likely to be hospitalized from COVID than younger adults.
  - **Your risk is even higher if you have a chronic disease like diabetes, heart disease, or lung disease.**
- An updated COVID vaccine could save your life.

COVID-19 vaccines and boosters are **FREE** to LA County residents, regardless of insurance and immigration status. For residents unable to leave their home, Public Health also offers free in-home COVID-19 vaccine and booster appointments.

- *More information can be found at:*
  - [vaccines.gov](https://www.vaccines.gov)
  - [VaccinateLACounty.com](https://www.vaccinateLACounty.com)
  - [ph.lacounty.gov/howtogetvaccinated](https://ph.lacounty.gov/howtogetvaccinated)

- [ph.lacounty.gov/vaxathome](http://ph.lacounty.gov/vaxathome),
- Text your ZIP code to 438829
- Call 1-800-232-0233 or 1-833-540-0473

## Additional COVID-19 Resources

The LA County Department of Public Health has developed COVID-19 resources for the general public:

### **For the Public:**

- [Vaccines](#), including [in-home vaccination](#)
- [Masks](#)
- [Travel](#)
- [Reducing risk](#)
- [Testing](#)
- [What to do if sick or exposed](#)
- [Treatment](#)
- [Workers' rights](#)
- [COVID-19-related Funeral Assistance](#)

Follow @lapublichealth on [Facebook](#), [Twitter](#) or [Instagram](#) the latest updates about LA County.

Always check with trusted sources for the latest accurate information about novel coronavirus:

- Los Angeles County Department of Public Health <http://publichealth.lacounty.gov/media/Coronavirus/>
- California Department of Public Health <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html> Spanish <https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html>
- World Health Organization <https://www.who.int/health-topics/coronavirus>
- LA County residents can also call 2-1-1

*Visit these websites for additional information*

<https://wecandothishhs.gov/>  
<https://www.pacificislanderhealth.org/>



"The more often you and your loved ones get COVID, the higher your risk of complications. Get the protection you need. Find updated vaccines at [vaccines.gov](https://vaccines.gov)."

"It's our kuleana to protect our communities from further harm."

"Get your updated vaccine for yourself and for your kupuna and 'opio."

<https://wecandothis.hhs.gov/sites/default/files/2023-03/videos/FB-TW-IG-WCDT-Enjoy%20Spring.mp4>

"Updated #COVID19 vaccines are here to help protect everyone 6+ months against severe illness. Adults, get yours now if you're unvaxxed, or if your last vaccine dose was before September 2022.

To learn more and find free vaccines near you, go to [vaccines.gov](https://vaccines.gov).


#WeCanDoThis"



**We are vaccinated and healthy. Should we still get the updated booster?**



**Concerned about your COVID symptoms?  
Call us for treatment.  
833-540-0473**




	<p><b>Eddo</b> It's our responsibility to care for each other.</p>	
<p><b>Ippen Dron</b> We're all in this together.</p>		<p><b>Aloha</b> Wearing a mask is a sign of love for each other.</p>
	<p><b>'Ohana</b> We wear masks to protect our family.</p>	

**HOMEBOUND VACCINATIONS**

VISIT [PH.LACOUNTY.GOV/VAXATHOME](https://ph.lacounty.gov/vaxathome)

CALL [833-540-0473](tel:833-540-0473)




**AS STATE AND LOCAL EMERGENCY ORDERS END FOR COVID-19, PLEASE CONTINUE TO PROTECT YOURSELF AND OTHERS FROM GETTING SICK.**




<<<< PACIFICISLANDERHEALTH.ORG >>>>

Spring into a healthier tomorrow

**Refresh your COVID Booster**




Replace box with your organization's logo

## Protect Yourself From Long COVID: Get Vaccinated



**Lower your chances of getting long COVID by staying up to date with your COVID vaccine.**

Some people who get COVID can have symptoms that last for many weeks or months—a condition called “long COVID.”

People with long COVID can have a variety of symptoms. Some symptoms may not seem clearly related to COVID, which can make long COVID hard to diagnose.

Commonly reported symptoms include:

- Feeling very tired
- Cough
- Trouble breathing or shortness of breath
- Aches and pains
- Brain fog (trouble thinking or remembering things)
- Trouble sleeping
- Mood changes
- Loss of smell or change in taste
- Fever

Anyone who gets COVID can develop long COVID, and it can affect people of all ages.

Find COVID vaccines near you at [vaccines.gov](https://www.vaccines.gov).





**Second Bivalent Booster**  
For adults 65 and over & immunocompromised individuals.

  County of Los Angeles  
Public Health



**Refresh your  
Booster at Home!**  
Call 833-540-0473 or visit  
[ph.lacounty.gov/VaxAtHome](https://ph.lacounty.gov/VaxAtHome)  
to set up a homebound appointment

  County of Los Angeles  
Public Health



**IF YOU ARE 65+  
GET YOUR BOOSTER TODAY!**  
Boosters are strongly recommended  
for older people who are at higher risk  
of getting severely ill from COVID-19.

Learn more at  
[VaccinateLACounty.com](https://VaccinateLACounty.com)

  County of Los Angeles  
Public Health