

Weekly Update



Protect yourself and the and the ones you love.

Help prevent the spread of respiratory viruses like COVID-19, flu, and RSV this holiday season. Get vaccinated and boosted, stay home & test if sick, wear a mask, wash your hands, and cover your cough/sneeze.



December 19, 2022

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The following guidance is as of **December 19, 2022**. We are working hard to make sure we provide the most accurate information, but please note that the situation is constantly developing so what is shared below is subject to change. Please check www.VaccinateLACounty.com for current information.

Follow/Share LA County Public Health Social Media Posts



[Facebook.com/LAPublicHealth](https://www.facebook.com/LAPublicHealth) • [Twitter.com/LAPublicHealth](https://twitter.com/LAPublicHealth)

Weekly Update

NEW Vaccine Resources

Making Safe Choices This Holiday Season Toolkit

The [National Resource Center for Refugees, Immigrants, and Migrants](#) (NRC-RIM) has compiled [this collection of resources](#) to help organizations guide communities in making safe choices this holiday season.

The toolkit includes a list of observed cultural holidays, and templates and translations of key messages to create awareness about COVID-19 vaccines, what to do if you feel sick, when and how to get a COVID-19 test, and how to protect yourself and others.

[Holiday Season | NRC-RIM Toolkit](#)



Protect your loved ones
this New Year. Get vaccinated.



Wear a Mask This Holiday Season – Social Media & Messaging

Share messages on social media from [California Department of Public Health](#) and [Los Angeles County Department of Public Health](#) encouraging Californians and Angelenos to wear a mask this holiday season, as they travel and gather. With COVID-19 and other respiratory viruses on the rise, wearing a good mask protects both you and others from viruses.

- [CDPH Winter Virus Prevention Toolkit](#)
- [CDPH Masking and COVID-19 Toolkit](#)
- [Masks Outreach Toolkit \(LAC DPH\)](#)
- [How to Care for Your Mask or Respirator](#)



Gather Safer This
Holiday Season

WEAR A MASK



Weekly Update



**A
Merry
Bright
Flu-safe
RSV-safe
COVID-safe
Winter Break**

There's still time to boost your immunity with the COVID and flu vaccines before the winter holidays.
Make your appointment at VaccinateLACounty.com

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Boost Up for Winter Toolkit for Businesses

Business leaders may be asking themselves whether they're prepared for a rise in COVID-19 and other respiratory infections this season. Protect your employees this winter with the Boost Up for Winter toolkit from [Health Action Alliance](#). Resources include communications tips and key messages, answers to common questions, a Booster checklist for employers and more.



Explore the Boost Up for Winter toolkit at <https://hlthact.org/winterboost>.

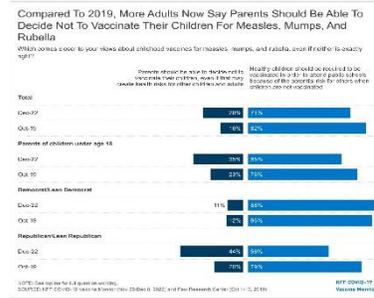
Don't Wait Vaccinate – Late Flu Season Vaccine Talking Points

Visit the [Don't Wait Vaccinate](#) website from the [California Immunization Coalition](#) and explore their flu toolkit with images, photos, sample social media graphics, and printable materials. "[Late Influenza Vaccine Talking Points 2022-23](#)", have been added to provide important reminders on the need for continued vigilance regarding flu vaccines within your community.



Kaiser Family Foundation Vaccine Monitor Survey – December 2022

The latest [Kaiser Family Foundation COVID-19 Vaccine Monitor](#) survey finds that almost three in ten adults now say that parents should be able to decide not to vaccinate their school-age children for measles and other childhood illness, up since 2019 before the COVID-19 pandemic. It also explores uptake of the new bivalent booster, and why many vaccinated adults have not gotten it.



- [KFF Survey: Since the COVID-19 Pandemic, Fewer Support Schools Requiring Children to Get Vaccinated for Measles and Other Illnesses \(12/16/2022\)](#)

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New Vax Talk Podcast Episode: Vaccine Sundays and Equity

[Voices for Vaccines \(VFV\)](#) posted a new entry in its *Vax Talk* podcast series: [Vaccine Sundays and Equity](#) featuring Julissa Soto, MPH. Fresh off her work with other forms of health equity, she has come onto the scene in Colorado to make sure Latino communities can get vaccinated and feel confident doing so through her Vaccine Sundays program.



Free At-Home, Rapid COVID-19 Tests Available via COVIDTests.gov.

All U.S. households can order a total of four at-home COVID-19 tests that will be mailed directly to them for free. Orders for this round of testing will begin to ship starting the week of December 19th and continue in the weeks ahead. People who have difficulty accessing the internet or need additional support placing an order can call 1-800-232-0233.



Get free at-home COVID-19 tests!
Residential households in the U.S. can order one set of 4 free at-home tests from [COVIDTESTS.GOV](https://www.COVIDTESTS.GOV).



For more information, visit www.COVIDTests.gov.

NEW Events, Webinars, Town Halls

Preventing Cancer Through Vaccination

January 18, 2023

4:00pm PT / 7pm ET

[Register here](#)



[Voices for Vaccines](#) next Vax Ambassador meeting, *Preventing Cancer through Vaccination*, will be a science-based and personal journey about vaccination as cancer prevention. Disparities in vaccine access and acceptance create health equity problems in this arena. Learn how to overcome these disparities to achieve better health outcomes for all.

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Los Angeles County Vaccination News & Updates

December 19, 2022 – Press Release [link here](#)

- Over the past several days, LA County has experienced slight decreases in case numbers, with a 7-day average of **2,771** cases reported per day, a **16%** reduction from the 7-day average of **3,318** cases reported per day last week. Despite this decline, current cases are still **52%** higher than one month ago.
- This past week, there was an average of **197** admissions per day; decreasing **7%** from the week before.
- DPH is currently reporting an average of **19** deaths per day, a troubling increase from the average of **11** deaths reported per day two weeks ago.
- Based on the CDC's Community Levels framework, LA County remains at the **High** Community Level.

Strategies to Reduce Severe Illness this Season

It is critical to take actions now that can help reduce severe illness this season if you or a family member becomes sick with COVID or flu.

- **Make sure you and your family have vaccine protection for flu and COVID-19.**
- **Seek prescription therapeutics when you have symptoms and test positive.** Antiviral therapeutics for COVID-19 and flu are not replacements for vaccination; they are an additional layer of protection to prevent severe illness, hospitalization, and death.
- **Therapeutics need to be taken as close to symptom onset as possible.** Contact your provider if you have a fever, coughing and sneezing, unusual fatigue, muscle aches, or other symptoms. If you do not have a provider, you can call the Public Health call center at 1-833-540-0473 to get answers to your questions and access free telehealth services.

Plan a Safe Holiday Season

- Have masks on-hand and easy to access for indoor public spaces and transit.
- Check your neighborhood for locations where you can drop-in or make an appointment for the bivalent booster and flu vaccine. ph.lacounty.gov/howtogetvaccinated
- Look for outdoor options when choosing activities and planning events.
- Have COVID-19 tests on hand to use before gatherings. ph.lacounty.gov/covidtests
- Talk to friends and family about when to stay home and what symptoms to be aware of and do the same for yourself.

Weekly Update

External News Headlines

[CNBC: White House's Covid Coordinator Urges People To Get Vaccinated Ahead Of Holidays](#)

As COVID and flu hospitalizations have climbed in the weeks since Thanksgiving, White House's COVID-19 coordinator Dr. Ashish Jha said families will be safer at upcoming holiday gatherings if they get their updated vaccines. (Capoot, 12/18)

[NPR: Updated COVID Booster Shots Reduce The Risk Of Hospitalization, CDC Reports](#)

Two small studies from Columbia University and Harvard University in October suggested the new shots did not produce better antibody response against the omicron BA.5 variant than boosters of the original vaccines. But the CDC came out with two studies Friday detailing the bivalent vaccine's effectiveness against COVID-related emergency department visits and hospitalizations and effectiveness against hospitalization specifically among older people. (Ahn, 12/18)

[Stat: Early Flu Season In U.S. May Be Peaking Early, Too](#)

This year's abnormally early flu season is showing signs it may be peaking in parts of the country, data the Centers for Disease Control and Prevention released on Friday suggested. (Branswell, 12/16)

[Los Angeles Times: L.A. County Hospital Beds Drop To Lowest Availability Of Pandemic](#)

The number of available Los Angeles County hospital beds has fallen to its lowest level of the pandemic, the result not only of the enduring threat of COVID-19 and the reemergence of flu and RSV, but also the needs of a populace that put off nonemergency care. (Money, Lin II and Alpert Reyes, 12/16)

[NBC News: CDC Director Warns Vaccine Misinformation Is A Public Health Threat](#)

Doctors' appointments missed during the first years of COVID contributed to a dip in childhood vaccination rates, but it's the onslaught of vaccine disinformation that continues to put young kids at risk for preventable death and disease, Dr. Rochelle Walensky, the director of the Centers of Disease Control and Prevention, told NBC News. "As I think about the challenges that we have to public health vaccine, misinformation is among the biggest threats," she said. (Edwards, 12/16)

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