

COVID-19 Vaccine Ambassador 101

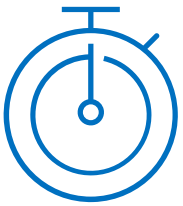
April 2023

COVAX FOR ALL



SACRAMENTO
STEPS FORWARD

Agenda



- **SSF & COVID-19 outreach**
- **Perils of COVID-19**
- **COVID-19 signs & symptoms**
- **COVID-19 prevention**
- **Available resources**
- **Ways to help the community**



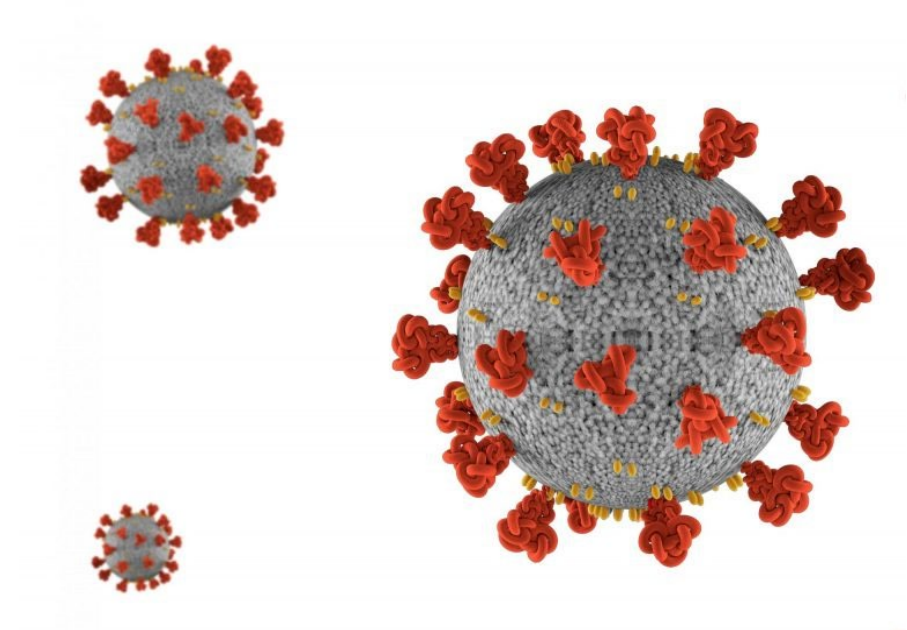
Who We Are

Our Mission: To end homelessness through leadership, convening partners, data-driven best practices, and improving system performance



What is COVID-19?

- Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus
- Most infected people will experience mild to moderate respiratory illness and can recover without requiring special medical treatment



Common COVID-19 Signs & Symptoms

Symptoms may appear 2-14 days after exposure

Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Diarrhea
- Muscle or body aches
- **Headache**
- New loss of taste or smell
- **Sore throat**
- **Congestion or runny nose**
- Nausea or vomiting



COVID-19: Let's Take it Seriously

- Some infected individuals may become **seriously ill** and require medical attention
- Older people and those with underlying medical conditions are at **higher risk**
- The virus can spread from an infected person's mouth/nose in **small liquid particles**



Steps to Take If You Get Sick With COVID-19

- Seek immediate treatment from a healthcare professional
- Isolate for at least 5 days
- Take precautions and inform your contacts
- Wear a mask
- Rest and stay home
- Monitor your symptoms



Let's Prevent the Spread

Recommendations apply to everyone!

- Avoid contact with people who have suspected or confirmed COVID-19
- Isolate if you have or may have COVID-19
- Wash your hands with soap & water or used alcohol-based hand sanitizer before eating, avoid touching your nose, mouth or eyes
- Wear a mask, especially a high-quality mask if you are at high risk of getting sick
- Stay up-to-date with COVID-19 vaccines
- Get tested, especially before you have contact with someone high risk and mask when indoors with them
- Seek treatment



Vaccine Eligibility & Schedule

- Everyone 6 months and older is eligible for a FREE COVID-19 vaccine
- If you have never received a vaccine, you will need to start with 2 doses of the Primary Series
- After 2 months, you should receive an Updated (Bivalent) Booster
- Updated boosters are created using the original and Omicron BA.4/BA.5 strains
- Boosters offer protection against the newest circulating strains
- You can be vaccinated, even if you had COVID-19
- You do not need to restart the series

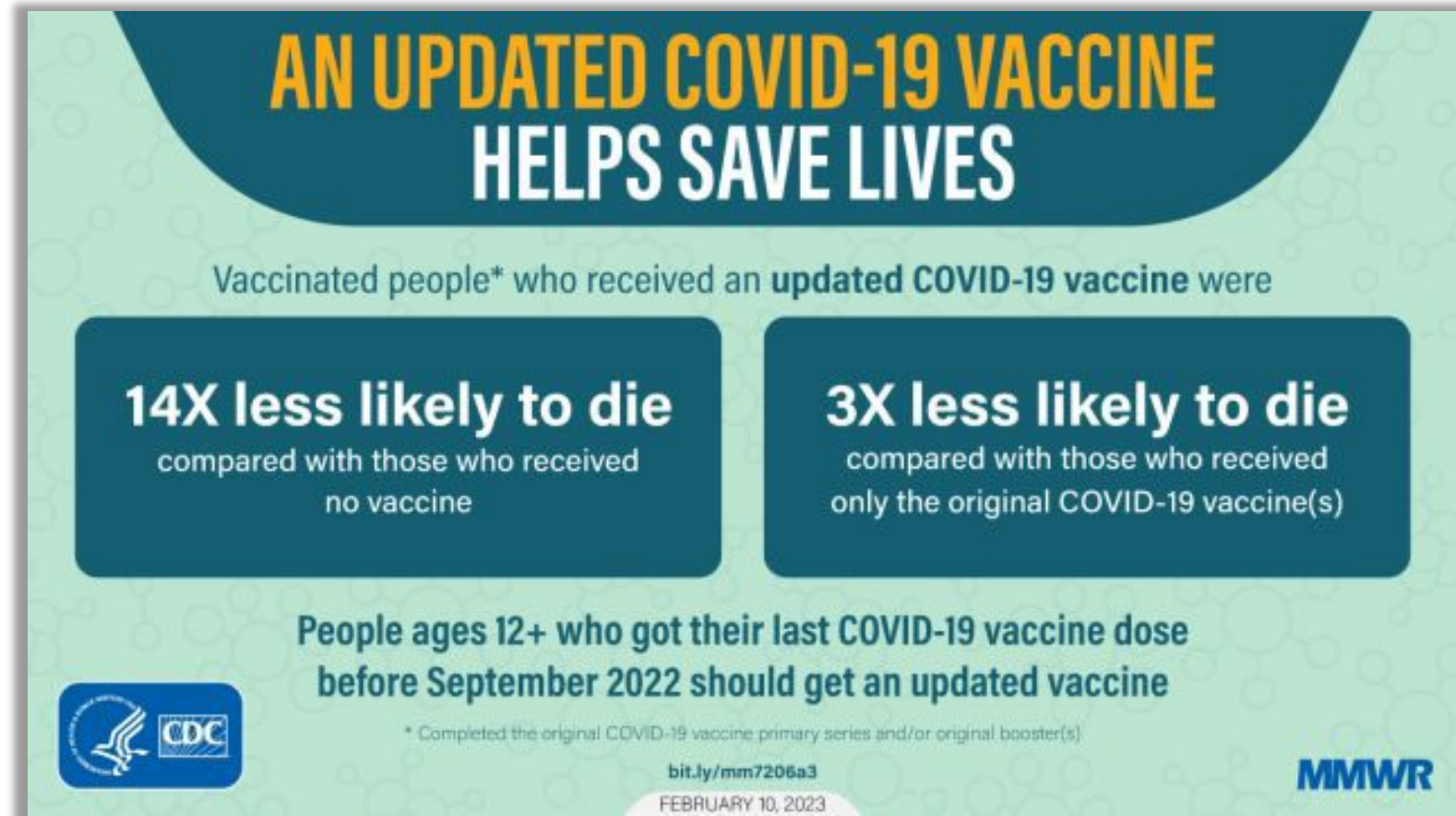
Vaccination history	→	Next dose
Primary series	At least 2 months →	1 bivalent booster dose
Primary series + 1 booster	At least 2 months →	1 bivalent booster dose
Primary series + 2 booster	At least 2 months →	1 bivalent booster dose



Vaccine Efficacy

Vaccines are:

- **Safe**
- **Effective**



COVID-19 Supports & Resources

- Contact Sacramento County Public Health by calling 2-1-1
- [Sacramento County COVID-19 Website](#)
- [Sacramento County Department of Homeless Services and Housing](#)
- [California COVID-19 Website](#)
- [CDC COVID-19](#)
- [CDPH COVID-19 Toolkit](#)

SACRAMENTO COUNTY



Promote • Prevent • Protect



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Sacramento County Public Health COVID-19 Clinics

Location	Address	When	Time
Loaves & Fishes	1351 N C Street, Sacramento CA 95811	3rd Tue of month	10AM-2PM
Harm Reduction Services	2800 Stockton Blvd, Sacramento CA 95817	1st Thu of month	2:30PM-4:30PM
Safer Alternatives through Networking and Education (SANE)	2211 Del Paso Blvd, Sacramento CA 95815	Last Friday of month	3PM-6PM
River City Food Bank	2300 Edison Ave, Sacramento, CA 95821	Some Fridays	8AM-1PM



Disparities & Barriers for PEH



- People experiencing homelessness (PEH) are at **increased risk of infection of COVID-19** due to lack of safe housing and resources
- PEH find it **difficult** to adhere to public health directives such as **physical distancing, isolation, and quarantine** because of shelter conditions and other challenges
- The COVID-19 pandemic highlighted the **importance of housing** as a social determinant of health and raises the question of whether current approaches to addressing homelessness should be re-evaluated



Become a Vaccine Ambassador. Keep Communities Safe.

- Join the statewide outreach effort to reach those who experience the greatest social and health inequities about the importance of getting vaccinated and practicing harm reduction to mitigate the spread of COVID-19.
- Sacramento Steps Forward will leverage trusted public health and safety messengers to
 1. Conduct community conversations and education
 2. Offer in-language, culturally relevant resources
 3. Collaborate with and outreach to historically under-resourced communities to promote vaccine equity among people experiencing homelessness in Sacramento County



What's Next?

- Continue practicing COVID-19 safety measures
- Check for and share the latest updates about testing, vaccination, and treatment in your community
- Collaborate and volunteer with local grassroots organizations, nonprofit agencies, and clinics

For more COVID-19 information, visit the websites below:

- Sacramento Steps Forward
- [Sacramento County Public Health](#)
- California Department of Public Health
- [California COVID-19 Toolkit](#)
- Centers for Disease Control & Prevention
- Visit cdc.gov/coronavirus
- Visit <https://sacramentostepsforward.org/covid-19-vaccination-resources/>



Questions



Activity: COVID-19 Vaccine Ambassador Quiz

- It's time for a Kahoot! quiz. It's a great game to play solo but makes a friendly competition for up to 3 people.
- With 12 multiple choice questions, see who takes 1st place on being the most knowledgeable Vaccine Ambassador!
- Play now: <https://kahoot.it/join>
 - Go to the link or scan the QR code
 - Enter the Game PIN
 - See sample on the right



Activity: COVID-19 Essential Kits

- Assemble and distribute COVID-19 essential kits for PEH
- Kits can include:
 - Face masks
 - Hand sanitizer
 - At-home antigen tests
 - Gloves
 - Wipes
 - Hygiene supplies (soap, toothbrush, toothpaste, comb)



Thank You



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