



VaxFacts

National Council of Jewish Women (NCJW) Sacramento

It's been a "good news, bad news" few weeks.

The good news is that death rates are down although the numbers are very high and ICU availability is up in California. The bad news is that people have had difficulty accessing the two approved vaccines. But another piece of good news is that a third vaccine may be on the horizon for use in the near future.

WHERE WE ARE

In California:

- California coronavirus infections continue to decline sharply from the winter surge's peak.
- Health officials' main emphasis is now on supporting the ramp up of California's struggling vaccine rollout.
- This is especially important because the new genetic variants of COVID-19 that have already surfaced around the globe, including in California, are more infectious and possibly resistant to current vaccines.
- Reducing California case rates is essential because it will buy more time to get more vaccine into arms which will decrease the likelihood of troublesome variants mutating.

In Sacramento County:

- As of February 1, Sacramento County's risk level was still "extremely high risk." Case numbers were very high with intermittent reductions and increases. For example, on February 1 there was a 14 percent increase from the day before. But hospitalizations have begun to trend down.
- Since January of last year, at least 1 in 18 people who live in Sacramento County have been infected and at least 1 in 1,253 have died.
- The statewide average of vaccination is 6,425 vaccines given per 100,000 population. Sacramento county is below this number at 5,700 per 100,000 population.
- The county mistakenly was allocated very few doses two weeks ago, but the allocation has now been fixed and this past week was 13,000.



WHERE AND WHEN CAN YOU GET VACCINATED?

There are a number of different locations giving vaccines which vary in their requirements. .

- Check with your health system, UC Davis, Kaiser, Sutter and Dignity to find out when you can make an appointment for a shot. Several systems are providing them to those 65 or older or who have an underlying condition. Call them, visit their website and be sure to open any email messages you receive from them to determine your status.
- The Sacramento County Public Health Department is currently vaccinating health care workers and residents in long-term care settings and those over 65 years. Those working in education, childcare, emergency services, law enforcement and food and agriculture are slated for the next round. You can make an appointment here: <http://bit.ly/COVIDvax65plus>
- Call or visit the website of your local pharmacies, large grocery stores and urgent care centers to see if they are administering vaccines and if you can make an appointment. Several members of NCJW-Sacramento received vaccinations from a local Safeway. SaveMart may be offering them also.
- The state is developing a centralized information and appointment site which it is now piloting in Los Angeles and San Diego County. Hopefully, it will be a one stop shop and will be available to Sacramento County residents soon.



WHAT TO DO AND NOT TO DO AFTER YOU ARE VACCINATED

First, remember that both currently available vaccines require two shots. In the case of Pfizer, the second shot should be three weeks after the first. In the case of Moderna, it should be four weeks after the first. Doctors emphasize that you shouldn't worry if it takes a bit longer than that. You will not be protected to the full capability of the vaccines (roughly 95%) until you get both shots. Also remember that the protections don't fully kick in until two weeks after you receive either shot.

Second, and perhaps most importantly, even after two doses of vaccine you can still transmit the virus to others and you may be vulnerable to one of the emerging variants. As more people get vaccinated, the risks are reduced and we will learn more about the vaccines. What this means is there should be no hug fests after you're vaccinated and you should still maintain the following protocols:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often.

DOUBLE DOWN FOR BETTER, SAFER MASKING

Help may be on the way in the form of two and maybe three vaccines, but with the current high levels of Covid-19 infection and new, more transmissible variants – experts are warning we should double down on face masks – literally – by wearing two at a time. Many of us have been wearing the same cloth mask for months. Now we should consider several possible options for making our masks safer. These include:

- Wear a disposable mask under a cloth

Double Down for Better, Safer Masking
Continued from Page 2

one. Doing so considerably improves your level of protection. Most disposable masks are not medical-grade but they are still made of polypropylene, a non-woven fabric that electrostatically repulses viral particles. Wearing a cloth mask over, say a surgical mask, can make it more fitted and provide an additional level of protection.

- Wear a tightly woven cloth mask with a filter: Wearing a snug-fitting cloth mask can block infectious particles but adding a non-woven filter (which many cloth masks are designed to accommodate) can help tiny aerosols that can slip through the cloth.
- Consider a KN95 mask: If you can't purchase a legitimate N95 mask (largely being reserved for health care workers), good KN95 masks are supposed to trap 95% of particles 0.3 microns in size. The big problem, however, is that upwards of 70% of those sold in the U.S. are counterfeit. The CDC publishes a list of the brands that did and did not meet its standards in batch tests. You should check the list before you buy. (Of course, these masks also can – and probably should – be worn with a cloth mask on top for maximum safety.)
- If you have an approved N95 mask, make sure it has been fitted to you and you need to wear a second mask on top to protect others: N95 respirator masks – the gold standard for health care workers – have to be fitted to ensure a tight fit between the mask and your face. Men with facial hair often cannot get a proper fit. Most importantly, the respirator means that while the mask may do a good job protecting you, you can still infect others. So double masking is important.



NEW STRAINS OF VIRUS POSE NEW DANGERS

Science is moving at warp speed but, unfortunately, the virus keeps getting out in front of us. Several new variants have emerged that are significantly more transmissible and perhaps also more deadly. According to White House health advisor, Dr. Anthony Fauci, the vaccines currently available may not be as effective in combating these new strains of Covid-19. This may be particularly true to the new Covid-19 strain first identified in South Africa. However, health experts are emphasizing two points:

- The current vaccines are so effective that even with a slight dip in effectiveness, they would remain potent weapons against Covid.
- Scientists may be able to “tweak” current vaccines to make them better able to handle the new Covid variants.

Finally, this is still another reason for us all to keep wearing masks even after we're vaccinated, both for our own health and that of others.

MANY THANKS TO DR. JEFFREY BRODOVSKY

On January 28, NCJW-Sacramento held a “town hall” virtual meeting with Dr. Jeffrey Brodovsky, a family physician here in Sacramento, to answer questions about Covid-19, the vaccines, and more. All of us who attended learned lots. Thanks so much, Dr. Brodovsky!



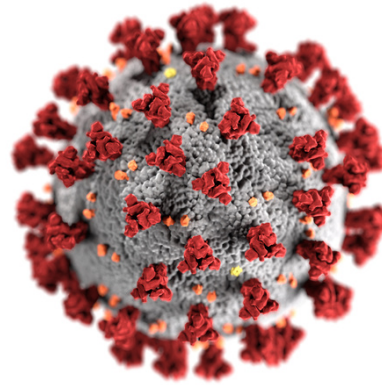
ONCE YOU'RE VACCINATED, YOU SHOULD CELEBRATE AND ENCOURAGE OTHERS!

When you receive your vaccine, we would love a picture of you receiving the vaccine or your arm with band-aid to add to our photo gallery which we will use to encourage other folks to get their vaccine. Please send to claire@ncjwsac.org. Here are some postvaccination pics of NCJW members and friends:



VISIT THESE WEBSITES FOR ONGOING, UPDATED INFORMATION:

- [Cdc.gov](https://www.cdc.gov)
- [Covid19.ca.gov](https://www.covid19.ca.gov)
- [Saccounty.net](https://www.saccounty.net)
 - Make appt at <http://bit.ly/COVIDvax65plus>
 - Hotline 916-875-2400
- [Yolocounty.org](https://www.yolocounty.org)



SACRAMENTO COUNTY PUBLIC HEALTH (SCPH) WILL HOST ITS NEXT COVID-19 COMMUNITY CONVERSATION

Sacramento County Public Health (SCPH) will host its next COVID-19 Community Conversation with Sacramento County Health Officer Dr. Kasirye, Thursday, February 4 from 6:00 - 7:30 PM. The Community Conversation will be held virtually and is open to everyone.

We understand that many of you may have questions surrounding the vaccine and testing. This will provide an opportunity for community members to connect directly with **Dr. Kasirye and SCPH Leadership.**

This Q & A event will allow the community to be updated on COVID-19, along with an opportunity to have your questions answered.

Community members can [register here](#).

Call in information: Dial: +1 669 900 6833

Webinar ID: 935 5539 3965

Passcode: 742753



National Council of Jewish Women
Sacramento Section

CONNECT WITH US!

www.ncjwsac.org

info@ncjwsac.org

Follow us on Facebook, Instagram and Twitter
#getoutthevax #vaxfacts #thisisourshot
#wecandoitsacramento #NCJWsacramento