



Senior Citizens & COVID-19

League of Women Voters of the Beach
Cities - Health & Wellness Committee

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11/30/2021





Disclaimer

- Information about COVID-19 and vaccination changes frequently.
- This presentation includes information about the vaccines that are currently available in the USA.

For up-to-date information please visit:

www.cdc.gov/vaccines/covid-19

VaccinateLACounty.com (English)

VacunateLosAngeles.com (Spanish)

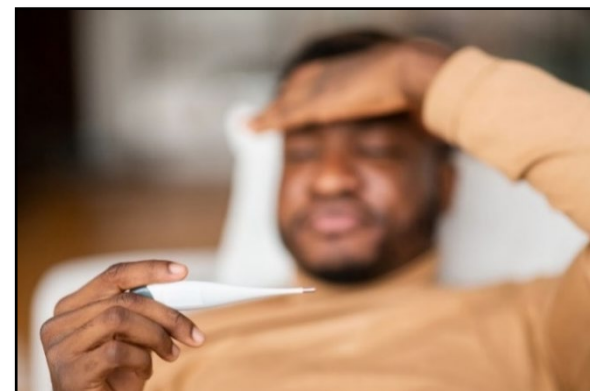


What we know about COVID-19



What we know about COVID-19

- COVID-19 is caused by a virus called SARS-CoV-2
- The virus can affect people in different ways:
 - Some people never get symptoms
 - Some people get mild or moderate symptoms
 - Others get severe illness, especially:
 - Older adults
 - People with certain medical conditions
 - The type of symptoms also varies
- People can pass the virus to others even if they don't have symptoms



Long COVID (or Post-COVID Conditions)

- Some people suffer from new or on-going symptoms for weeks or months after getting infected with COVID-19.
 - Known as long COVID or post COVID.
 - This may include people who had no symptoms or mild symptoms when they were infected.
- Long COVID-19 includes a wide range of symptoms, including:
 - Tiredness
 - Headache
 - Joint or muscle pain
 - Mood or sleep changes
 - Respiratory symptoms
 - Difficulty thinking
- For latest updates on post-COVID conditions, visit <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>





COVID-19 Vaccinations & Senior Citizens



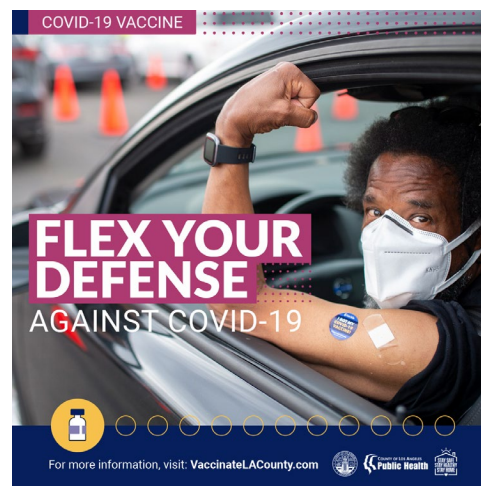


What Challenges Were Senior Citizens Facing

- Disparities within the older adult populations
 - Fewer Black/African American and Latinx adults over 65 years old have been vaccinated than white adults
 - About 68% of Black/African American older adults and 73% of Latinx older adults have been fully vaccinated, while 80% of white older adults are fully vaccinated.
- Technology and access
 - It was difficult for older adults to make appointments. Some online portals can be confusing and require internet access and a device

What Challenges Were Senior Citizens Facing Cont. Technology and Access

- According to a research study of low-income focus groups done at USC, only 35% of older adults had computers or tablets with internet and 50% had smartphones. Many seniors do not have reliable internet access which made getting vaccinated difficult





Inglewood Demographics

Total Population	107,762
Percent of Senior Citizens Living in Inglewood	12.3%
Percent of Senior Citizens Fully Vaccinated	84.3%
Percent of Senior Citizens in LA County who received an additional dose / booster	27%
Hospitalizations within the last 14 days in Inglewood	5
Cases within the last 14 days in Inglewood	130
Deaths within the last 14 days in Inglewood	1



Hawthorne Demographics

Total Population	87,107
Percent of Senior Citizens Living in Hawthorne	8.9%
Percent of Senior Citizens Fully Vaccinated	78.9%
Percent of Senior Citizens in LA County who received an additional dose / booster	27%
Hospitalizations within the last 14 days in Hawthorne	
Cases within the last 14 days in Hawthorne	
Deaths within the last 14 days in Hawthorne	

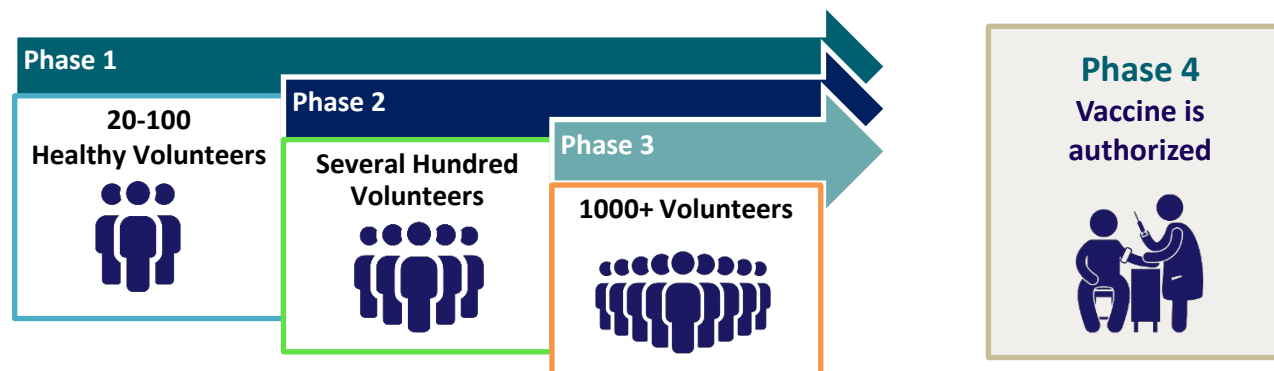


COVID-19 Vaccine Hesitancy



Fast-tracking development while ensuring safety

- Developing a new vaccine usually takes years
- Scientists had a head start because they had already:
 - Studied other coronaviruses
 - Studied both mRNA and viral vector vaccines
- Government funding to pay companies and scientists to work around the clock
- Researchers used existing networks to conduct COVID-19 vaccine trials
- Every step that is required to make sure a vaccine is safe and effective was followed



Some of the steps were done at the same time instead of one after another

Manufacturing and Authorization

- Manufacturing began while clinical trials were still underway
- mRNA vaccines are faster to produce than traditional vaccines
- FDA and CDC prioritized the review and authorization of COVID-19 vaccines

COVID-19 vaccines are being held to the same safety standards as all other vaccines



Safety of COVID-19 vaccines is a top priority

Before authorization

- Safety data reviewed by independent medical and public health experts:
 - Made recommendations to Food and Drug Administration (FDA) & Centers for Disease Control and Prevention (CDC)
- FDA issues an emergency use authorization (EUA)
 - Allows use only when the expected benefits outweigh potential risks

After authorization

- Continued safety monitoring (FDA & CDC):
 - Identify any rare side effects
 - Investigate any possible problems
- Use existing vaccine monitoring systems to monitor
- Plus, extra monitoring systems just for COVID-19 vaccines:
 - V-safe, a new text message app
 - Following up people in the studies
 - Registry for pregnant women

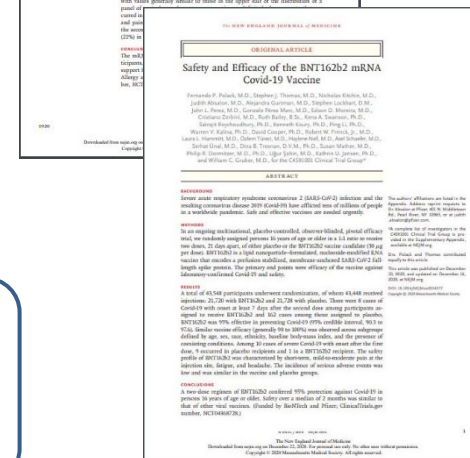
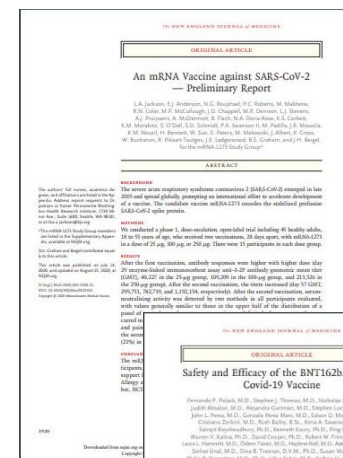




Studies of the COVID-19 Vaccines

- The 3 vaccines were studied in tens of thousands of volunteers
 - Diverse mix of people, including older adults, people with underlying health conditions, and people of color
- Half got vaccine and half got placebo (salt water)
- All 3 vaccines were found to work very well and be safe

Since December 2020, hundreds of millions of people in the US have safely received a COVID-19 vaccine.



How is DPH Addressing COVID-19 Vaccine Hesitancy

- The Department of Public Health continues to address vaccine hesitancy through various techniques such as:
 - Providing community toolkits
 - Community presentations on COVID-19 and the COVID-19 vaccines
 - Addressing misinformation
 - Frequent town halls to address community members on COVID-19 updates





Safety Procedures for Seniors in Skilled Nursing Facilities and Congregate Settings



Guidelines for Preventing and Managing COVID-19 in Skilled Nursing Facilities

- COVID-19 Vaccination Guidance
 - Proof of vaccination for staff and general visitors
 - All facilities must track vaccination coverage for all staff and residents including verifying vaccination status of new staff hires and new admissions
 - Immediately assess all residents on admission for their COVID-19 vaccination status



Guidelines for Preventing and Managing COVID-19 in Skilled Nursing Facilities

- COVID-19 Prevention – General and Administrative Practices
 - Conduct entry screening
 - Conduct symptom and temperature screening for all staff and residents
 - Support good workforce health
 - Reinforce physical distancing and hand hygiene
 - Enhanced environmental disinfection
 - Facilities must demonstrate they have at least a 2-week supply of PPE and other infection prevention and control supplies.





What are Variants?





What variants have been found in the United States?

- The CDC is tracking a number of variants of concern in the United States. These include:

Variant name	First detected	First found in the US:
Alpha (B.1.1.7)	United Kingdom	December 2020
Beta (B.1.351)	South Africa	January 2021
Gamma (P.1)	In travelers from Brazil	January 2021
Delta (B.1.617.2)	India	March 2021
Omicron (B.1.1.529)	South Africa	N/A



What do we know about the Omicron variant?

- There are currently no cases in the United States, however it is only a matter of time before Omicron is detected in the US. New variants will continue to evolve as long as there are large proportions of unvaccinated people
- This new variant has many mutations in important areas of the virus that impact infectiousness and the ability for immune systems to protect from infection.
- We do not know at this time if this new variant causes more severe COVID-19 illness than other variants or how it might impact response to treatment

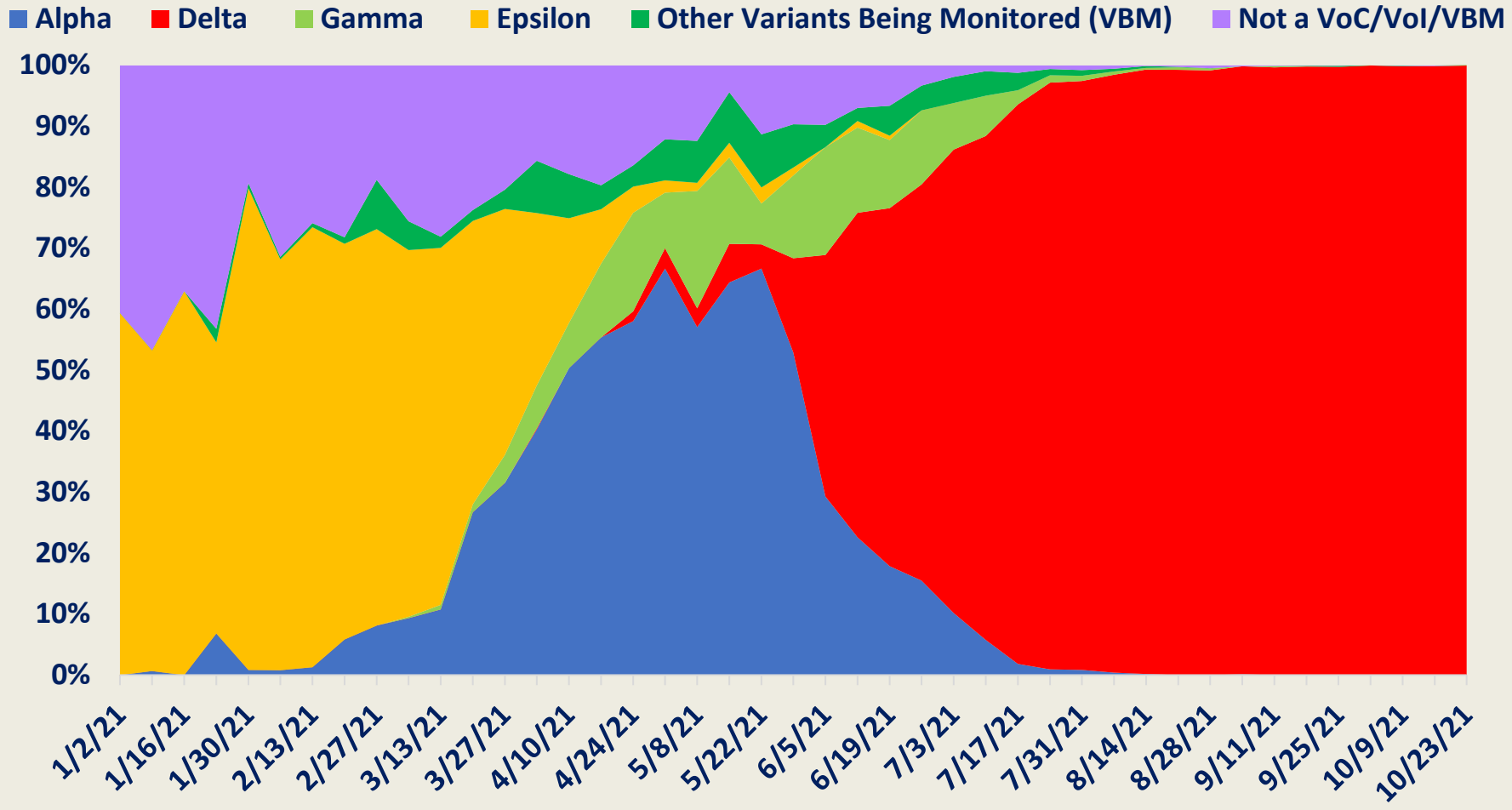




What is California doing in response to the new Omicron variant?

- Monitoring for the presence of the variant in California through the California SARS-CoV-2 Whole Genome Sequencing Initiative, known as COVIDNet.
- Partnering with the federal Centers for Disease Control and Prevention (CDC) to gather information and expertise to help the public, local public department and health care providers
- Preparing to increase COVID-19 testing at airports across California for US citizens and legal residents returning from South Africa, Botswana, Zimbabwe, Namibia, Lesotho, Eswatini, Mozambique and Malawi

Most Commonly Identified Variants Among LAC Residents as a Percentage of Sequences Reported to Public Health



Do COVID-19 Vaccines Protect Us Against Other Variants?

- It appears so. The CDC and other experts continue to study how well the vaccines work to protect people from COVID-19 in real-world conditions
- The CDC has found that all 3 vaccines authorized for use in the US are highly effective , even against the Delta variant and preventing serious illness and death
- There is evidence that those who have not complete their Pfizer or Moderna COVID-19 vaccine series are not as well-protected from COVID-19 variants



How do I protect myself against variants?

- Get vaccinated.
- Wearing a well-fitting mask
- Washing (or sanitizing) your hands often





What about the Flu?



What Is Influenza (Flu)?

- A contagious respiratory illness caused by influenza viruses.
- Symptoms can include fever, headache, extreme tiredness, dry cough, sore throat, and muscle aches.
- Flu season in Los Angeles County is typically the first week of October through the end of March. However, flu circulates throughout the year.





Signs and Symptoms: Flu vs COVID-19

- Compared to flu, COVID-19 can cause more serious illnesses in some people
- It can also take longer before people show COVID-19 symptoms, and people can be contagious for longer.
- Because some of the symptoms are similar, the **only way to know if illness is flu or COVID-19 is by testing.**
- Common symptoms of COVID-19 and flu:

FLU	COVID-19
<ul style="list-style-type: none">• Fever/chills	<ul style="list-style-type: none">• Runny or stuffy nose
<ul style="list-style-type: none">• Cough	<ul style="list-style-type: none">• Muscle pain or body aches
<ul style="list-style-type: none">• Shortness of breath or difficulty breathing	<ul style="list-style-type: none">• Headaches
<ul style="list-style-type: none">• Tiredness	<ul style="list-style-type: none">• Vomiting and diarrhea
<ul style="list-style-type: none">• Sore throat	<ul style="list-style-type: none">• Loss of taste or smell (more common with COVID-19)



How Long Symptoms Appear After Exposure and Infection

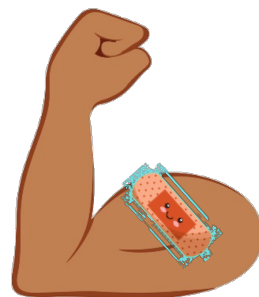
For both flu and COVID-19, 1 or more days can pass between when a person becomes infected and when they start to experience symptoms.

- **For flu**, a person usually experiences symptoms anywhere from 1 to 4 days after infection.
- **For COVID-19**, a person experiences symptoms about 5 days after being infected, but symptoms can appear 2 to 14 days after infection.



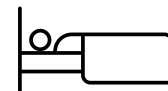
Can People Be Infected With Both Flu and COVID-19 At The Same Time?

- Yes, since these are two different diseases caused by two different viruses
- **Vaccination is the best way to both prevent illness** and prevent spreading illness from flu and COVID-19.
- Because flu viruses are always changing, it is important to get vaccinated against flu every year once the vaccine is available.



People at Higher Risk

- If not vaccinated for COVID-19 and Flu, serious illness resulting in hospitalization and death can occur, even among healthy people.
- Those at highest risk include:
 - Older adults
 - People with certain underlying medical conditions (including infants and children)
 - Pregnant people
 - Children younger than 5 years old
- Overall, COVID-19 seems to cause more serious illnesses in some people.





Vaccination Resources In Los Angeles County





Where To Get a COVID-19 Vaccine In Los Angeles County?



- Many sites open weekends and evenings
- No appointment needed at many locations
- Free transport is available
- In-home vaccination is available



Visit [VaccinateLACounty.com](https://www.vaccinatelacounty.com) (English) or
[VacunateLosAngeles.com](https://www.vacunatelosangeles.com) (Spanish)

- Click on “How to Get Vaccinated”
- Enter your zip code to find a location near you



Call the **DPH Vaccine Call Center**
833-540-0473 daily 8am to 8:30pm



CDC Resources

Learn more with **CDC's COVID-19 vaccine tools and resources**. Find information for COVID-19 vaccination administration, storage, reporting, patient education, and more.

- [COVID-19 vaccination: COVID-19 Vaccination Clinical and Professional Resources | CDC](#)

COVID-19 Vaccination

Clinical Resources for Each COVID-19 Vaccine

Find information for COVID-19 vaccination administration, storage and handling, reporting, and patient education for each specific vaccine

Product Information by U.S. Vaccine



ACIP
Recommendati



Storage and
Handling



General
Vaccine



Training and
Education

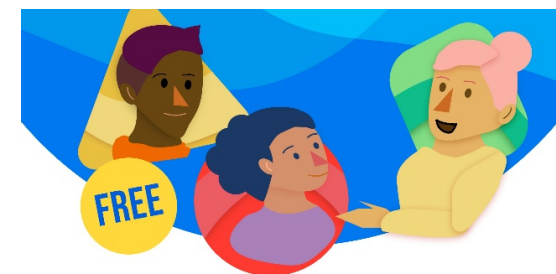


Los Angeles County and DPH Resources

- Subscribe to Los Angeles Health Alert Network (LAHAN)
 - Priority communications to health care professionals on local or national disease outbreaks and emerging health risks
 - <https://signup.e2ma.net/signup/1837403/1752781/>
- COVID-19:
 - VaccinateLACounty.com
 - COVID19.LACounty.gov
- Flu:
 - <http://PreventFluLA.com/>

Self-Care Reminder: Coping with Stress

- What you can do to help cope with emotional distress: recommendations for patients AND providers
 1. Stay up to date with information from credible sources.
 2. Practice regular self-care
 3. Stay connected with friends, family, and community groups through social networking or phone calls.
 4. Seek out help when needed
- Subscribe to iPrevail (<https://lacounty.iprevail.com>), a FREE online mental health resource for LAC Residents, courtesy of LAC Department of Mental Health - 24/7 support. Connect with trained peer specialists, join a community support group or try out one of the many digital programs.
- For more resources, visit Department of Mental Health at www.dmh.lacounty.gov or call (800) 854-7771 (available 24/7)



Mental Health Support for LA County

Get online mental health support 24/7 with on-demand coaching, lessons and more brought to you by the Los Angeles County Department of Mental Health.

Sign up at lacounty.iprevail.com

More information from DPH



- **Dial 2-1-1**



- Links you to health and human services
- Available 24/7 in many different languages



- **Visit our website** publichealth.lacounty.gov



- **Send an email** phinfo@ph.lacounty.gov

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Questions?

