



# COVID-19 UPDATE

Provided by California Indian Manpower Consortium

APRIL 2022

## Topics

COVID-19 Introduction  
Page 1

COVID-19 Statistics in CA  
Page 2

COVID-19 Hotspots in CA  
Page 2

COVID-19 Variant Trends  
Page 3

Omicron BA.2: A Subvariant  
Page 4

How to Stay Protected  
Page 4-5

Where to Get Vaccinated  
Page 6

What is a Booster Shot  
Page 7



## Coronavirus (COVID-19)

The impact COVID-19 has on the world cannot be understated. There have been an estimated 6 million deaths from COVID-19, however the true death toll may be significantly higher.

The pandemic has affected millions across the United States. From loss of loved ones, economic and social disruption, and navigating mental health, the effects of COVID-19 are far-reaching and severe. However, nearly two years after the initial outbreak of coronavirus, Americans find themselves hopeful for a return to normal. Communities have found hope in the tools healthcare professionals and scientists recommend to protect ourselves and those around us. We will discuss these tools and current relevant information regarding the state of the pandemic in California.

# COVID-19 Statistics in CA

After the recent Omicron variant outbreak in January 2022, coronavirus has been on a steady decline in California.

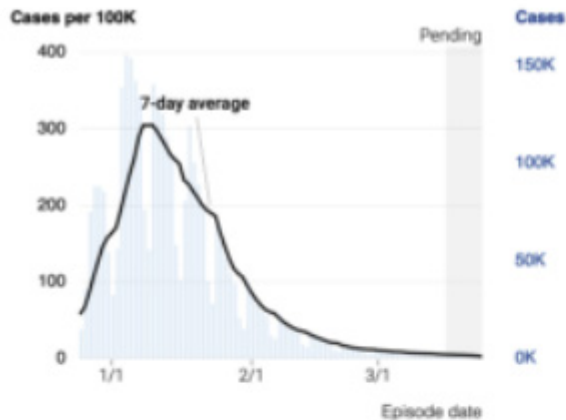
Case rates have dropped from a 7 day average of 190 per 100k people to around 5.1 per 100k in California, while death rates have dropped from a 7 day average of 0.5 per 100k to 0.1 per 100k. unvaccinated people were 4.4 times more likely to get COVID-19 than people who received their booster dose.

Hospitalizations for both vaccinated and unvaccinated people have also decreased significantly. However, unvaccinated people were still 8.5 times more likely to be hospitalized with COVID-19 than people who received their booster dose. With that being said, unvaccinated people were still 13.8 times more likely to die from COVID-19 than people who received their booster dose.

Confirmed cases in California

Episode date 90 days

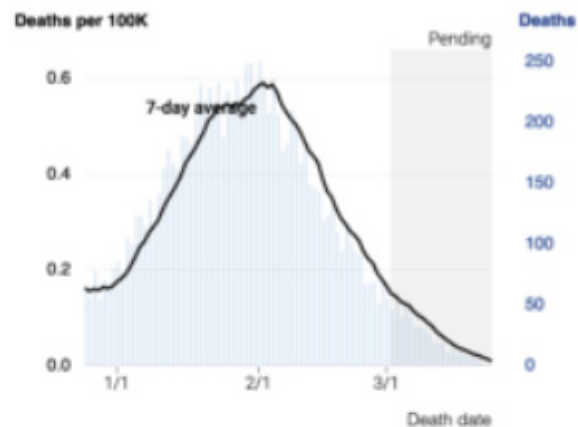
**8,476,399** total confirmed cases  
3,029 new cases (0.04% increase)  
5.1 cases per 100K (7-day average)



Confirmed deaths in California

Death date 90 days

**87,809** total confirmed deaths  
107 new deaths (0.1% increase)  
0.1 deaths per 100K (7-day average)



## COVID-19 Hotspots

In epidemiology, a "hot spot" is referred to as an area of elevated disease burden or high transmission efficiency. In essence, it is an area with a high number of cases in where you are at higher risk. During the peak of the pandemic, states such as California and New York were considered hotspot states. More specifically, counties such as Los Angeles county and Bronx counties were hotspot counties.

Currently, the spread of coronavirus is low and significantly slowing down from the the recent Omicron variant outbreak in January 2022. Nearly less than two months ago, most counties in California had over 150.0 average daily cases per 100,000 people, with a state average of 305.4 daily new cases per 100,000 people.

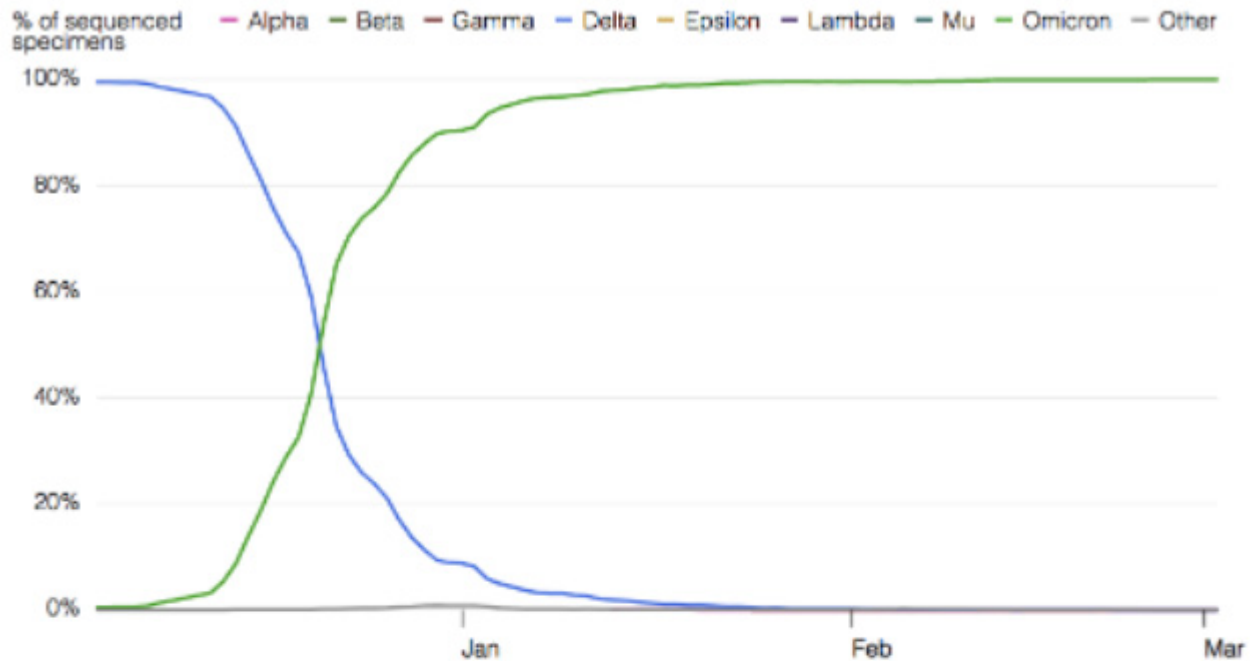
As of recent, this number has dropped to under 25.0 average daily cases per 100,000 people for every county except Tuolumne, which has an average of 44.0 average daily cases per 100,000 people. The state average is currently 10.9 daily new cases per 100,000 people.



## COVID-19 Variant Trends

Viruses are always adapting and changing through mutations, and these mutations often result in a new variant or strain of the virus. These mutations can cause the virus to better elude our immune systems or treatments. Delta and Omicron were the two major variants during this pandemic, however there were a few more variants though less transmissible or less of a threat that weren't mentioned.

New COVID-19 variants are emerging every few months as the virus continues to mutate. Most recently, we saw the prevalence of Omicron rise, a more contagious variant that is correlated with milder symptoms and lower hospitalization and death rates. Less than three months, Omicron consisted of 99.6% of COVID-19 cases in CA, with the other 0.4% being Delta (0.3%), Gamma (0.02%), and other variants (0.04%). Now, close to 100% of cases in CA are caused by Omicron.



## Omicron BA.2: A Subvariant

A new subvariant of Omicron is emerging in parts of the world, particularly Bangladesh, India, and South Africa, and has been shown to be 30 to 60% more contagious than the current variant. However, due to the relatively mild effects of Omicron, experts suggest that there is no need for panic. Health officials advise Californians to continue to exercise caution and predict a spike this spring following trends in Europe and other parts of the world. This subvariant is not currently dominant in the United States, but is the dominant circulating variant globally.

## How to Stay Protected

The best way to keep yourself and others protected is to get fully vaccinated, which means receiving **two** doses of Pfizer or Moderna, or one dose of Johnson and Johnson. It is also strongly recommended to get a booster shot if it has been more than five months since your final dose of the vaccine. Aside from vaccinations, wearing a surgical or KN95 mask is a key way to reduce risk of spreading and contracting COVID-19, since it is spread by respiratory droplets produced by actions such as speaking, eating, and coughing. Washing your hands with soap and water and using a hand sanitizer that is at least 70% ethanol is also important, especially before touching your face or eating.

Finally, do your best to avoid large gatherings, especially places that are indoors with poor circulation. Meeting friends and family outside, as the weather gets warmer, is a great alternative. If meeting indoors, opening windows or doors allows for increased circulation as well. Make sure to monitor your health and test if you have symptoms.

# Avoid the Three Cs



Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:



## 1 Crowded places

*with many people nearby*



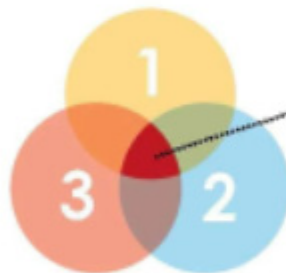
## 2 Close-contact settings

*Especially where people have close-range conversations*



## 3 Confined and enclosed spaces

*with poor ventilation*



The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.**

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

**If you are unwell, stay home unless to seek urgent medical care.**

# Importance of Vaccination

Anyone over the age of 5 should get the COVID-19 vaccine. This is especially true for individuals with pre-existing conditions of any kind, including immune disorders. In addition, those with medical conditions presented in the table are at increased risk of severe illness from COVID-19, and should get vaccinated to protect themselves. Getting vaccinated is the best way to reduce the spread and mutation of COVID-19.

Vaccination is especially important in minority communities that have relatively higher case rates and lower vaccination rates. In particular, minority populations that are prone to suffer from other medical conditions, such as diabetes and heart disease, are at increased risk for severe illness and should get vaccinated. Individuals with vaccine hesitancy can speak to a trusted medical provider.

## **Based on what we know now, people who are higher risk for severe illness from COVID-19 include:**

Older Adults (50+)

## **People of any age with the following (but not limited to):**

Cancer  
Chronic Kidney Disease  
Chronic Liver Disease  
Cystic Fibrosis  
Dementia or other neurological conditions  
Diabetes (type 1 or type 2)  
Disabilities  
Heart Conditions  
HIV infection  
Weakened immune system  
Mental Health Conditions  
Overweight and Obesity  
Physical Inactivity  
Pregnancy  
Sickle Cell Disease  
Smoking  
Stroke or Cerebrovascular Disease  
Substance Use Disorders

## **Who can get vaccinated:**

- Pfizer-BioNTech: age 5+
- Moderna: 18+
- Johnson & Johnson: 18+

## **Efficacy of each vaccine:**

Efficacy refers to how well a vaccine can prevent a disease and performs under ideal and controlled circumstances such as a controlled clinical trial.

- Pfizer-BioNTech: 95% efficacy
- Moderna: 94% efficacy
- Johnson & Johnson: 67% efficacy

## **Effectiveness of each vaccine over time:**

- Pfizer-BioNTech: Against COVID-19, it was 94.5% effective in the first 2 months and decreased to 66.6% at 7 months.
- Moderna: Against COVID-19, it was 95.9% effective in the first 2 months and decreased to 80.3% at 7 months.
- Johnson & Johnson: Against COVID-19, it was 74.1% effective in the first month and decreased to 59.4% at 5 months.

# Where to Get Vaccinated

You can visit <https://myturn.ca.gov> or scan the QR code to the right, to schedule an appointment near you. Currently, everyone above the age of 5 is eligible to receive a COVID-19 vaccine free of charge. You do not need insurance or US citizenship to receive a vaccine.



It is very important that if receiving Pfizer or Moderna, you get **both** doses within the designated time period (3 weeks for Pfizer, 4 weeks for Moderna). This ensures your maximum immune response and protection against infection.

## What is a Booster Shot

A booster shot is an additional dose given about 5 months after the last vaccine dose, as immunity/protection from the original doses is naturally reduced over time. Boosters have been clinically shown to reduce risk of severe disease, hospitalization and death. The booster dose does not have to be the same brand as your original vaccination, but it's recommended by the CDC.

### CDC Guidelines for Booster Shots

#### **Pfizer-BioNTech**

Who should get a booster:

- Everyone 12 years and older
  - Teens 12–17 years old may only get a Pfizer-BioNTech COVID-19 vaccine booster

When to get a booster:

- At least 5 months after completing your primary COVID-19 vaccination series

Which booster should you get?

- Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most\* situations

#### **Moderna**

Who should get a booster:

- Adults 18 years and older
- When to get a booster:
- At least 5 months after completing your primary COVID-19 vaccination series

Which booster can you get:

- Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most\* situations

#### **Johnson & Johnson**

Who should get a booster:

- Adults 18 years and older
- When to get a booster:
- At least 2 months after receiving your J&J/Janssen COVID-19 vaccination

Which booster can you get:

- Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most\* situations

## References

- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-Variants.aspx>
- <https://www.mayoclinic.org/coronavirus-covid-19/map/california>
- <https://covid19.ca.gov/state-dashboard/>
- <https://covid19.ca.gov/equity/>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7147210/>
- <https://www.who.int/data/stories/the-true-death-toll-of-covid-19-estimating-global-excess-mortality>
- <https://www.nbcnews.com/news/us-news/map-track-summer-2020-coronavirus-hotspots-united-states-n1231332>
- <https://wellcome.org/news/equality-global-poverty-how-covid-19-affecting-societies-and-economies>
- <https://www.who.int/westernpacific/emergencies/covid-19/information/covid-19-variants>
- <https://coronavirus.jhu.edu/region/us/california>
- <https://www.mayoclinic.org/coronavirus-covid-19/map/california>
- <https://www.cdc.gov/aging/covid19/covid19-older-adults.html>
- <https://www.npr.org/sections/goatsandsoda/2022/01/19/1071809356/covid-booster-omicron-efficacy>
- <https://www.cdc.gov/media/releases/2022/s0105-Booster-Shot.html>