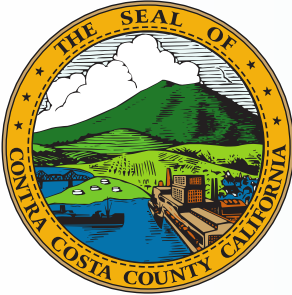


Contra Costa County Employee COVID-19 Chronicle



DEPARTMENT OF
RISK MANAGEMENT
SAFETY AND
LOSS CONTROL

COUNTY CARES DURING COVID-19 Holidays and COVID-19 Case Surges

Back-to-school, pumpkin patches, sports, and long weekends are fall traditions! Throughout the COVID-19 pandemic, we’ve seen a correlation between holidays and case count increases. With Labor Day weekend coming soon and the impacts of the virus’ more transmissible Delta variant, this issue of the COVID-19 Chronicle has tips to help you socialize safely this fall!

The first line of defense is to [get vaccinated](#) (page 2) if you have not already done so. Vaccines are safe, effective, and provide strong protection against hospitalization and death. The County now requires all staff to be fully vaccinated by October 4, 2021.

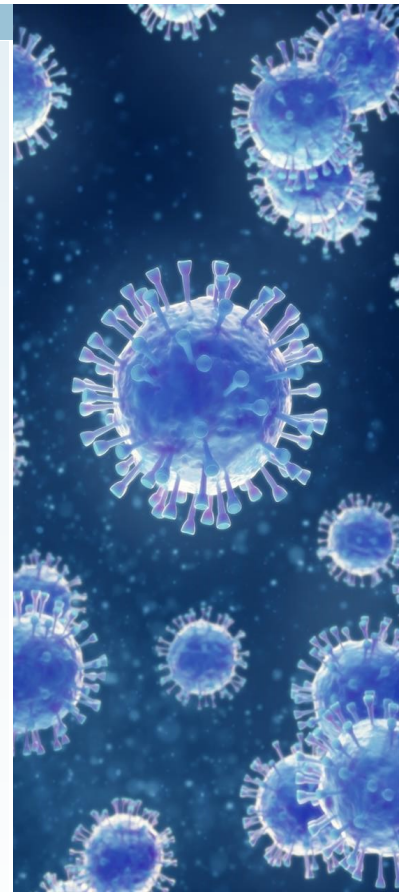
Next, use COVID-19 prevention techniques, including wearing a face covering indoors and at other locations where required. Practice good hygiene by covering coughs and sneezes and washing your hands. Stay six feet apart from others that are not in your household. Together, these steps, can reduce the transmission of the virus.

The last step for safe holiday interactions is to continue to monitor for symptoms and get tested if you are exposed or develop symptoms. If you develop symptoms or test positive for COVID-19, stay home, isolate, and don’t go to work or other events if you are ill.

Have a safe and healthy fall!

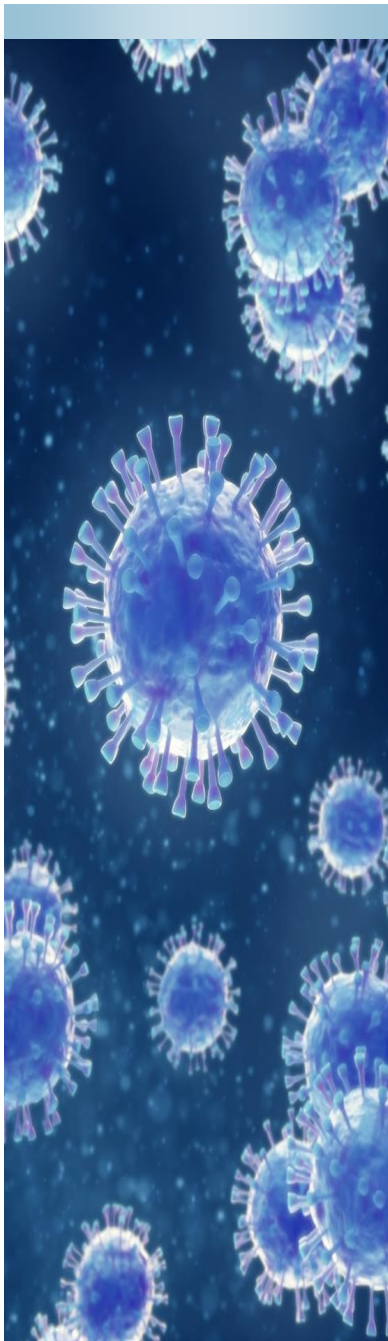
Thank you for reading the County Cares COVID-19 Chronicle!

If you have suggestions for content, please email Risk Management—Safety and Loss Control at RiskmSafety@riskm.cccounty.us.



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COVID-19 Vaccine Required for All County Staff

COVID-19 cases due to the Delta variant have been rising; risks of COVID-19 exposure and infection remain high for unvaccinated staff and the community, including children under 12 and the immunocompromised. COVID-19 transmits through the air and concentrates indoors. Vaccines provide strong protection from COVID-19 infection and even greater protection from serious illness, hospitalization, and death.

If you have not already been vaccinated, the County requires [all employees to receive their final dose of a COVID-19 vaccine by October 4, 2021](#) (healthcare workers and first responders have earlier deadlines based on state and local health orders). This includes full, part-time and as-needed employees, paid and unpaid volunteers, interns, contractors, and student workers. All employees must provide proof of vaccination status to their departmental personnel contact by October 4, 2021.

Employees can take time off work to attend a vaccine appointment or if they can't work due to vaccine-related side effects using [2021 California COVID-19 Supplemental Paid Sick Leave](#) benefits, effective until September 30, 2021.

Vaccines are readily available throughout Contra Costa County and other convenient locations. The Pfizer vaccine received full approval by the Federal Drug Administration; Moderna and Johnson & Johnson continue with emergency use authorizations while seeking full approval. Boosters are now available for those with a [qualifying medical condition](#); more booster doses are expected in September 2021.

Employees with qualified medical reasons or sincerely held religious beliefs may apply for an exemption. [Exemption forms](#) must be submitted as soon as possible to departmental personnel contacts for review. Employees must meet the October 4 vaccination deadline if their request is denied. Employees granted an exemption will need weekly COVID-19 testing (unless their work setting requires it more often).



For More Information: visit <https://www.coronavirus.cchealth.org/vaccine> or scan the QR code above with your smart phone for vaccination appointment instructions.

Everyone plays a part in preventing the spread of COVID-19



Keep 6 Feet Apart



Cover Your Face



Wash Your Hands



Stay Home if Sick



Get Vaccinated

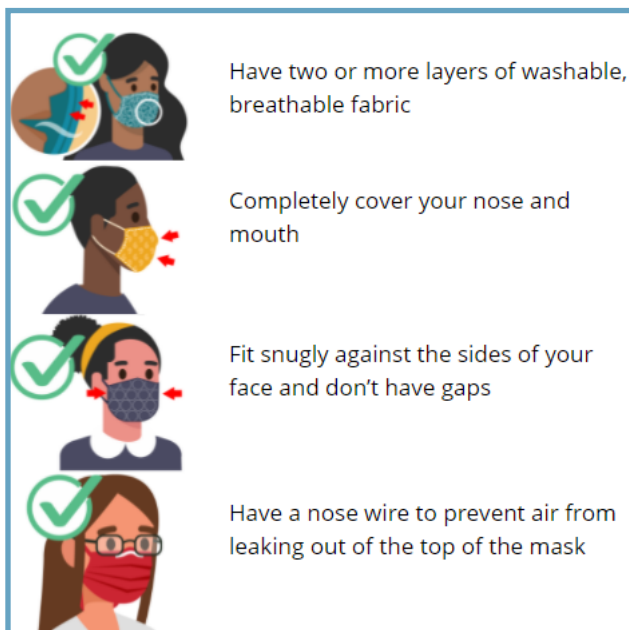


Avoid Crowds

Face Covering Guidance

On August 2, 2021, Contra Costa County, along with other Bay Area counties, in response to increasing COVID-19 cases, implemented a [health order](#) for everyone to wear a face covering while indoors. This is more stringent than the July 28, 2021 [face covering guidance](#) issued by the California Department of Public Health (CDPH) that required face coverings indoors for not fully vaccinated individuals and for everyone in public transit, schools, healthcare, correctional facilities, homeless shelters, and emergency shelters/cooling centers.

The County requires all individuals entering County buildings to wear a face covering. All building entrances were posted with updated instructions for everyone entering to wear a face covering.



Face covering exemptions will continue for young children under two years old, persons with a medical / mental health condition, or disability that prevents wearing a mask.

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For More Information: CC Health Face Covering Health Order:

[84606e_8a1ea8e1a6cd4e33a3509521f661237d.pdf \(filesusr.com\)](#) or the CDPH Face Covering Guidance: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>

Face Coverings Now Required for Everyone Indoors

Face Coverings Still Required for ALL Entrants

- Public Transit
- Indoors at schools, child-care, and other youth settings
- Healthcare settings
- Correctional and detention facilities
- Homeless Shelters

Face Coverings Still Required for ALL Entrants - Special Circumstances

- Emergency Shelters
- Cooling Centers



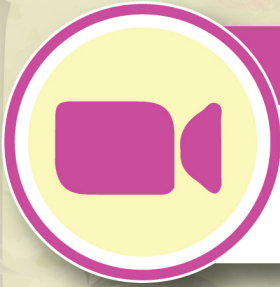
Employee Assistance Program - To address mental health and emotional well-being, Magellan Healthcare has opened a 24-hour toll-free crisis line that will be answered by certified, licensed mental health clinicians. Call 1-800-327-7451 (TTY 711) if you need to talk.

KNOW YOUR RISK

COMMUNITY GATHERINGS

(Family BBQs, Weddings, Memorial Services, Baby Showers, Spiritual and Religious Events)

Protect your Family! Protect your Community!

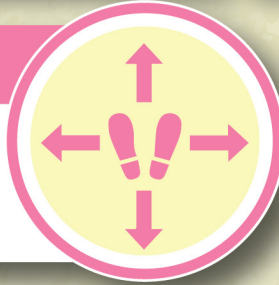


Very Low Risk

Celebrate virtually with family and friends

LOW RISK

Outdoor gatherings with 25 people (or three households) or less, each wearing a face covering and social distancing of 6 feet apart.



MEDIUM RISK

Indoor gatherings with 25 people (or three households) or less, eating and drinking without a face covering, 6 feet apart from one another, open windows.

HIGH RISK

Outdoor gatherings with 25 people (or three households) or more, no social distancing, eating and drinking occurs, no face covering, greetings with hugs and kisses.



Safety Checklist:

- Hand Sanitizer
- Face Covering
- Guest List
- Single-use hand towels
- Disposable table cloth
- Socially distant games
- Encourage guests to bring their own food
- Properly dispose of single use masks and gloves
- If feeling sick stay at home

As of 2/12/2021 only the low risk action complies with local and state health orders. Get Tested Line: 1-844-421-0804 | For more info visit: cchealth.org/coronavirus



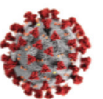
**Chan
Zuckerberg
Initiative** 

 **Asian
Pacific
Islanders**
For Contra Costa COVID-19 Outreach

Sponsored by:

**Healthy
RICHMOND** 

RESPONSE
Coronavirus (COVID-19)
CONTRA COSTA
HEALTH SERVICES



COMMUNITY GATHERINGS ADVICE



MASK USE

- ✓ DO wash cloth masks after each use.
- ✓ DO make sure to wear a mask that completely covers the nose.
- ✗ DO NOT touch the nose, mouth, or eyes when removing masks.
- ✗ DO NOT remove mask where there are people within 6 feet.
- ✗ DO NOT share masks!



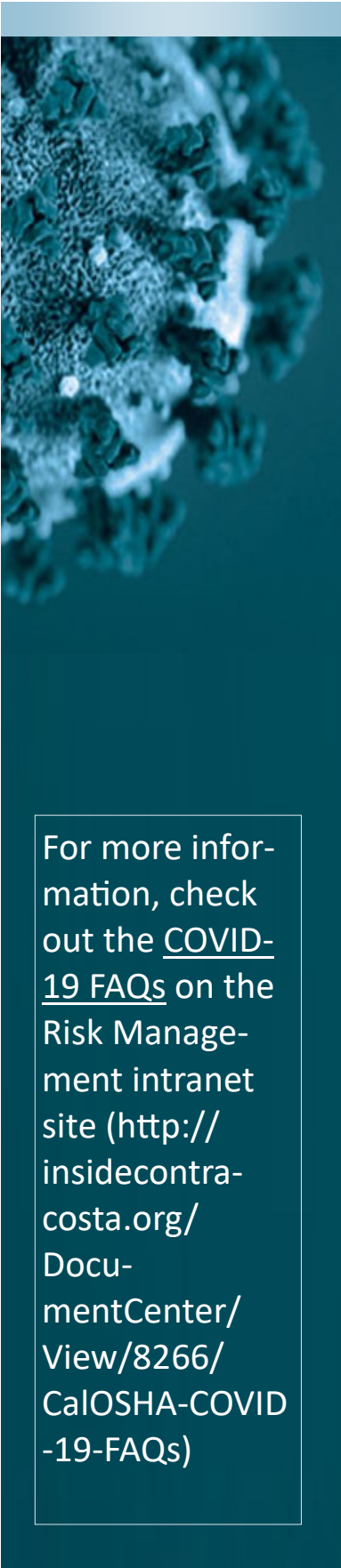
SERVING FOOD

- ✓ DO have pre-packed utensils, single serving food, or 1 or 2 people serve food.
- ✓ DO have disinfectant wipes and clean everything people touch.
- ✓ DO wear mask while serving your own food.
- ✓ DO have seats spaced 6 feet apart if sitting with people outside of your household
- ✓ DO sit with household members.
- ✗ DO NOT eat from other's plate, drinks, or utensils.



For more information visit: cchealth.org/coronavirus





For more information, check out the [COVID-19 FAQs](http://insidecontra-costa.org/DocumentCenter/View/8266/CalOSHA-COVID-19-FAQs) on the Risk Management intranet site (<http://insidecontra-costa.org/DocumentCenter/View/8266/CalOSHA-COVID-19-FAQs>)

Vaccination Status and Current Requirements

The County's [COVID-19 Prevention Program](#) (CPP) was updated July 7, 2021, but several significant health orders and policies have been implemented recently due to the increase in COVID-19 cases in the community and at work. Watch the "[COVID-19 Resources Hot Spot](#)" for updates! Key changes include:

- Everyone entering County buildings must wear a face covering.
- [First responder](#) vaccination requirements by September 17, 2021.
- [Healthcare worker](#) vaccination requirements by September 30, 2021.
- [All County employee](#) vaccination requirements by October 4, 2021.
- [Detention facility worker](#) vaccination requirements by October 14, 2021 (sooner now based on the new County vaccination policy).
- Vaccination proof with a photo copy of a completed vaccine card or public health record must be submitted to departmental personnel contacts.
- The [Exposure Decision Tree](#) was updated to require a PCR or antigen test for fully vaccinated staff with symptoms or without that have had a close contact with a positive case. Quarantine times were reduced to 7 days for those that are asymptomatic, not fully vaccinated, and get a negative COVID-19 test on or after the 6th day of exposure.

For more information, read the summary of health orders and County policy on the [Hot Spot](#). If you have any questions about these changes, ask your supervisor, refer to the soon to be updated CPP, or contact riskmsafety@riskm.cccounty.us.



You do a lot everyday to keep yourself, family, friends and the community safe. THANK YOU for all of your efforts to provide excellent County services to the public during this pandemic.

Magellan Employee Assistance Program

COVID-19 news in our community was very promising this spring with low positivity rates and high vaccination rates. The re-opening of the economy meant we experienced activities that felt more normal. This summer, that optimism has been challenged with the Delta variant and increasing COVID-19 cases. More of us are back at work, the kids are starting school, fall activities are in full swing, and it's starting to feel like a Herculean effort to balance everything we hear in the news. Now, more than ever, it is important that we all take care of ourselves and others.

Human Resources Employee Benefits continues to host a series of free [Wellness Webinars](#) available to **all** County employees through December 2021. See the schedule online (<https://www.contracosta.ca.gov/8205/Wellness-Webinars>). Email Benefits@hrd.cccounty.us if you have questions.

In the meantime, check out the [Magellan COVID-19 resources](#), including a video series with Dr. Caroline Carney, Chief Medical Officer, about the different ways COVID-19 can affect your mental health and how to cope. Video title examples: *School's Cancelled, Now What?*, *Healthcare Workers and Compassion Fatigue*, *How to Manage Stress*, and more. Check back for new videos every few days [<https://www.magellanhealthcare.com/covid-19-2/covid-19/>].

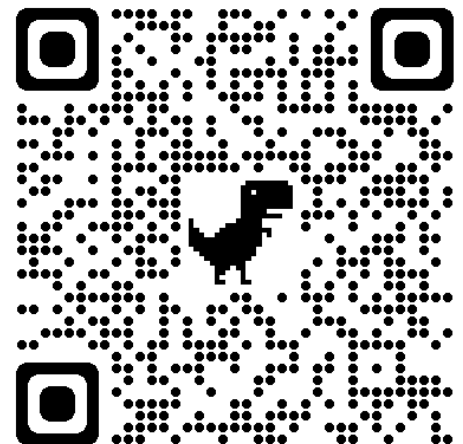


Monitor for COVID-19 Symptoms and Stay Home If Sick!

People with COVID-19 can have a wide range of symptoms, which may appear 2-14 days after exposure to the virus. Take steps to prevent the spread, including getting vaccinated, wearing a face covering indoors, and washing hands often. Keep monitoring for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms, [get tested](#), [stay home](#), and isolate away from others. Get a fast and easy COVID-19 test at no cost. Scan the QR code below with your smart phone for testing locations, schedule an appointment online at cchealth.org/

Have COVID-19 Symptoms? Get tested regardless of vaccination status

- Fever or chills
- Cough
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Headache
- Fatigue
- Shortness of breath
- Difficulty breathing
- Nausea, vomiting or diarrhea



Symptoms of COVID-19

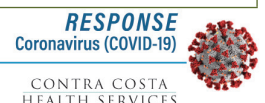
People with COVID-19 can have a wide range of symptoms, which may appear 2-14 days after exposure to the virus. Take steps to prevent spread, including getting vaccinated, wearing a mask in crowded indoor settings and washing hands often.

Get a fast & easy COVID-19 test at no cost to you.* Schedule an appointment online at cchealth.org/coronavirus or call 1-833-829-2626.

SYMPTOMS	COVID-19	COLD	FLU	ASTHMA	SEASONAL ALLERGIES
 Fever	✓		✓		
 Cough	✓	✓	✓	✓	✓
 Shortness of breath	✓			✓	
 Fatigue, weakness	✓	✓	✓	✓	✓
 Headache	✓		✓		✓
 Body / muscle aches	✓	✓	✓		
 Sneezing		✓	✓		✓
 Sore throat	✓	✓	✓		✓
 Stuffy or runny nose	✓	✓	✓		✓
 New loss of taste and smell	✓	✓			
 Nausea, vomiting, diarrhea	✓		✓		

*Testing will be at no cost to you & billed through your health insurance or free if you do not have coverage.

cchealth.org/coronavirus
7/21/2021

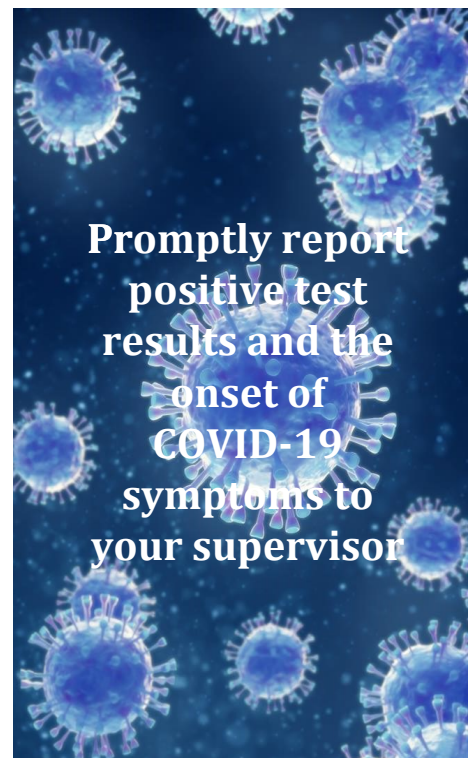


Emergency Alert System Exposure Notifications

Contra Costa County has an Emergency Alert System (EAS). The EAS notifies employees of situations that may have a direct effect on the health and safety of the employee and their families. One recent application of the EAS is to provide employees of a notification of a potential COVID-19 case in the workplace.

The email feature of the EAS will notify employees of potential exposures to COVID-19, in compliance with AB685. If you receive an email from Contra Costa Alert with the Subject: "COVID-19 Notification," please DO NOT delete the email! Please read the information carefully; it is sent to alert you to a possible exposure. It will appear in your Outlook Mail as:

FROM	SUBJECT
Contra Costa Alert Alert!	COVID-19 Notification



Magellan EAP Article: The Pandemic Affect on Anxiety

While it is a good feeling to see more activities opening up in the state and good to see colleagues and clients back in the office, it is normal to feel anxiety about the changing pandemic news, safety concerns, and managing changes to the routines we have gotten used to over the past 17 months. Be patient with yourself and others during this transition time. Acknowledge these feelings and consider strategies to help improve your anxiety:

Visualize your routine—Imagine what your day might look like, go through the details to get a full picture of what to do. Know how you want to feel when you do it. You will be able to identify challenges and think about what you can do to face them.

Make self-help a priority—This is easier said than done but remember that physical and mental health are closely intertwined, and there are several small things you can do to feel better overall. In times of transition, it is important to get enough sleep, eat a healthy diet, exercise, and avoid substances to deal with negative emotions.

Manage your safety concerns—Safety is key. Read your employer's safety policy. Speak up if you have concerns, but remember that you don't want to be combative, you just want to be clear that safety is important to you and you don't need to apologize for it.

Practice or learn how to deal with everyday stress—Pause before responding to a situation. Take small breaks to clear your head or take a few slow, deep breaths to center yourself. Set yourself small goals to do something that will help you recharge your batteries, such as going for walks, meditating, keeping a gratitude journal, working on a hobby, listening to music, or any other activity you enjoy.

Know when to seek help—Watch for symptoms that persist for more than two weeks, such as feeling nervous, anxious, tired, overwhelmed, burnt out, depressed, or lack of motivation. If you find that mental health problems affect your quality of life, consider talking to a mental health professional.



CCHealth.org

The Health Services Department is working diligently to serve the community during this health crisis. Their valuable services and information are also used to ensure safety for County employees! For access to the latest information and resources on COVID-19 and the vaccine, visit cchealth.org.



Health Services Resources at Your Fingertips

The Health Services website continues to be a resource to the community and all County staff for COVID-19 related information. The COVID-19 dashboard as of August 30, 2021 is to the right.

For the latest news and information, visit the Health Services [website](http://www.coronavirus.cchealth.org/).

<https://www.coronavirus.cchealth.org/>

Vaccine Progress

Contra Costa County

84.7%

United States

72.0%

Percentage of residents ages 12 and older who have received at least one dose of the COVID-19 vaccine.

Current Cases and Hospitalizations

	Active COVID-19 cases	People who are hospitalized
Total	4,133	206
% change over past 2 weeks	+1.4%	-0.1%+
2 week trend	→ Stable	→ Stable

*Comparing the 7-day average number of patients hospitalized for COVID-19 in Contra Costa County between this week and the previous week.

Know Your COVID-19 Support Resources:

HUMAN RESOURCES



COVID EMPLOYEE LEAVE INFORMATION INTRANET SITE:

<http://insidecontracosta.org/663/COVID-Employee-Leave>

MAGELLAN EMPLOYEE ASSISTANCE PROGRAM



Launch from the County internet page (includes access to the monthly newsletters): <https://www.contracosta.ca.gov/1359/Employee-Assistance-Program>

Main Page: <https://www.magellanascend.com/>

COVID-19 Specific Resources: <https://magellanascend.com/Content/View/16954?ccid=hpZiwiTni%2FVKnrZqvUQNBxz4mAe1hQAJLSaF3bkQmLM%3D>

MANAGED HEALTH NETWORK (MHN) EMPLOYEE ASSISTANCE PROGRAM



Fire and Sheriff Employees use the [Managed Health Network \(MHN\)](#) or call Phone: 800-227-1060.



DEPARTMENT OF
RISK MANAGEMENT
SAFETY AND
LOSS CONTROL

Risk Management—Safety and Loss Control

Questions, resources, or safety concerns.

RiskMSafety@riskm.cccounty.us

(925) 335-1400

Intranet [COVID-19 Resources](#)