

Contra Costa County Employee COVID-19 Chronicle



DEPARTMENT OF
RISK MANAGEMENT
SAFETY AND
LOSS CONTROL

COUNTY CARES DURING COVID-19

What to Do if You Test Positive for COVID-19

If you test positive for COVID-19, you will need to stay home and out of the workplace until you are well. This is called **self-isolation**. Deciding when you are well, able to leave your home, and resume work depends on your symptoms and the County’s procedures outlined in the [COVID-19 Prevention Program Decision Tree](#).

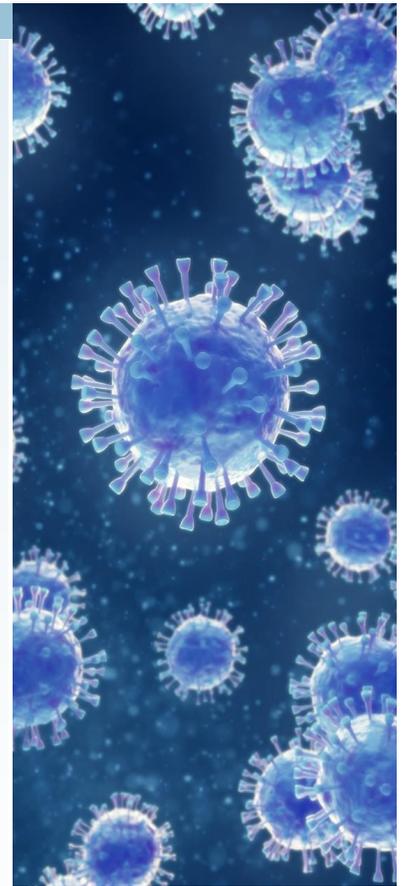
If you have **symptoms**, stay at home for at least 10 days after your symptoms began. On the 10th day, if you have had no fever for 24 hours and your symptoms have improved, you can resume work. If you have **no symptoms**, stay home at least 10 days from the day the positive test was performed; you can then report to work. Continue to monitor for symptoms (as we all must do).

Some circumstances change isolation times, so talk to your supervisor:

- Detention workers isolate for 10 days and follow work restrictions for an additional 4 days.
- If you were hospitalized or are severely immunocompromised, isolation times are 20 days.
- If your department has implemented emergency staffing strategies, isolation time may be reduced.

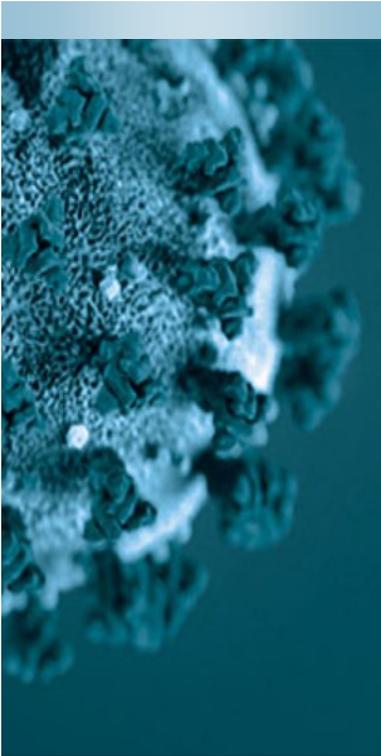
Thank you for reading the County Cares COVID-19 Chronicle!

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



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What to Do After You Get the COVID-19 Vaccine

Eligible County employees and community members are getting the COVID-19 vaccine according to the pre-determined distribution phases based on risk factors. There are currently three vaccines approved and available. These vaccines are highly effective in reducing infection and the spread of COVID-19. They have been shown to be effective at preventing severe illness and are believed to be resistant to the new strains. Due to limited supply, it will take several months for everyone in the County to get vaccinated. Even if you are already vaccinated, continue to self-monitor for symptoms, wear a face covering, avoid close contact with others, and wash your hands frequently. If you are considered fully vaccinated and have a close contact with a positive case, you may be able to continue working; review the County Decision Tree and talk with your Supervisor for more information. Stopping this pandemic requires using all the preventive measures available at this time, but as more information becomes available, protocols are adjusted. Stay in the know!

For More Information on the COVID-19 Vaccines:

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

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

Practice the 4 Pillars of COVID-19 Prevention



**Keep 6
Feet Apart**



**Cover Your
Face**



**Wash Your
Hands**



**Stay Home
if Sick**





Common Side Effects

- You may have some mild short-term side effects after being vaccinated, such as swelling at the injection site, fatigue, headache or fever. This is a normal sign that your body is building protection. Contact your healthcare provider if you have concerns about persistent side effects.

Building Up Immunity After Your Vaccination

- It takes about 14 days for the vaccine to begin to provide protection against COVID-19. After the first dose, you will only have partial protection.
- It takes two doses of the Pfizer or Moderna vaccine to provide maximum protection. After your second dose, you will have around 95% protection from COVID-19 around 14 days after vaccination.

For Those Who Still Need to Get Their Second Dose

- If you scheduled your first dose online, you will need to go to MyChart (mychart.cchealth.org) to schedule your second dose. You should receive an email about scheduling your followup vaccination appointment on MyChart shortly after you receive your first dose.
- It is recommended that the second dose be taken 3-4 weeks after the first dose. However, it is okay if you get the second dose later than that. Whenever you get the second dose, you will get the full protection of the vaccine.
- We have limited capacity for second doses right now and patients may need to wait more than 4 weeks to find an appointment. Doses administered later than 4 weeks are still effective and considered valid doses by the CDC.
- Do not get any other vaccine, including the flu shot, between doses.

Continue Wearing Masks/Face Coverings in Public

- Even after you have been vaccinated, it's very important to keep taking precautions to protect yourself and others by wearing masks in public, practice social distancing and washing hands regularly.
- You should keep doing these things because while the vaccine is effective, it is not 100% effective.

Jan. 21, 2021

For more information, visit us online
at coronavirus.cchealth.org/vaccine

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

Effective of March 14, 2021 the County has achieved Tier 2 “Red” status indicating substantial transmission of COVID-19 in the community, but an improvement over the winter spike. Check out the Health Services website for updates to available services and activities. Continue to follow the public health principals to stay 6 feet apart, wear a face covering, wash your hands, and stay home when sick. These efforts, plus the ongoing vaccination efforts can help to stop the spread of COVID-19.

Do what you can to stop the spread! For more information, see <https://www.coronavirus.cchealth.org/>

SUBSTANTIAL

- 4.0 – 10.0 daily new cases (per 100k)*
- 5.0 – 8.0% positive tests for entire county**
- Less than 8.1% positive tests for health equity quartile**

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.



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RISK MANAGEMENT
SAFETY AND
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Risk Management—Safety and Loss Control

Questions, resources, or safety concerns.

RiskMSafety@riskm.cccounty.us