

Contra Costa County Employee COVID-19 Chronicle



DEPARTMENT OF
RISK MANAGEMENT
SAFETY AND
LOSS CONTROL

COUNTY CARES DURING COVID-19 Celebrating with Caution and Care

Fall celebrations are just around the corner with many winter traditions soon to follow and roll us into the new year 2022. This is a joyous time of the year as we wind down and reflect with family, friends and colleagues. Keep your festivities fun and safe with these tips.

The first step is to [get vaccinated](#) (page 2). Vaccines are safe, effective, and provide strong protection against hospitalization and death. COVID-19 vaccines are required for County employees and contractors and available for everyone age 5 and up in the community.

The chance of getting COVID-19 if you are vaccinated is very low. The risk of passing it on is even lower. But it is not zero. Following basic COVID-19 prevention techniques such as wearing a face covering indoors where required (page 3), practicing good cough and hand hygiene, and keeping gatherings small and outdoors can reduce virus transmission.

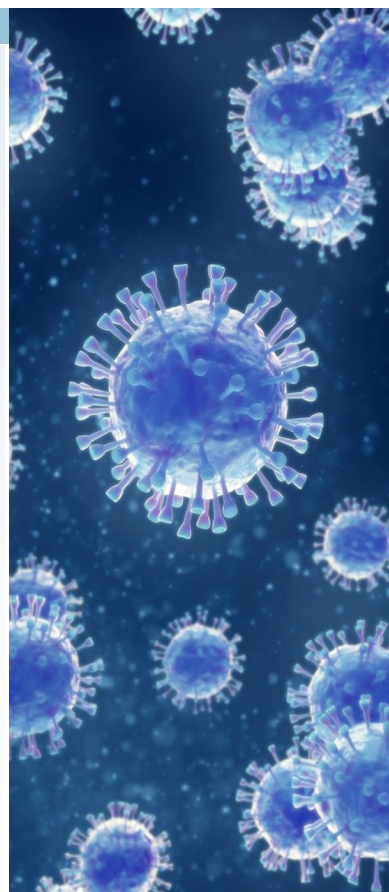
Stay vigilant about your health. Monitor for symptoms and get tested. If you develop symptoms or test positive for COVID-19, stay home and isolate; don't go to work or other events when ill (page 6).

Season's greetings and best wishes for a safe and healthy new year!



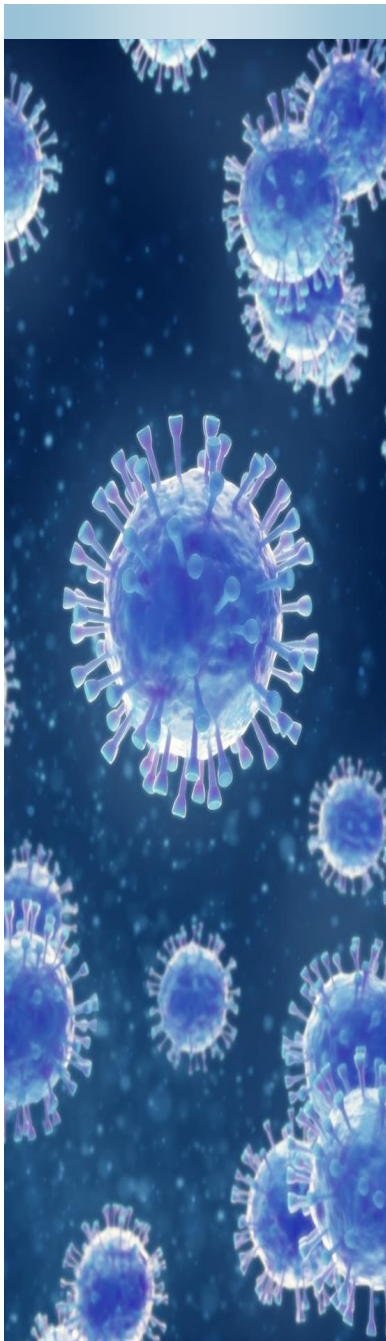
Thank you for reading the County Cares COVID-19 Chronicle!

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



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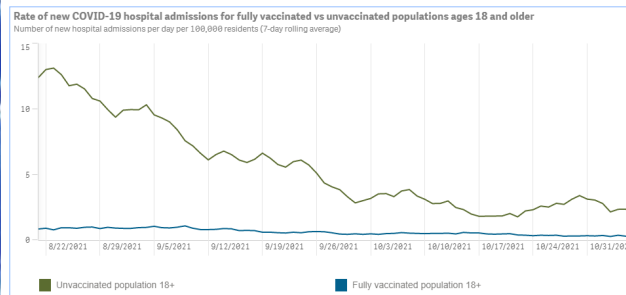
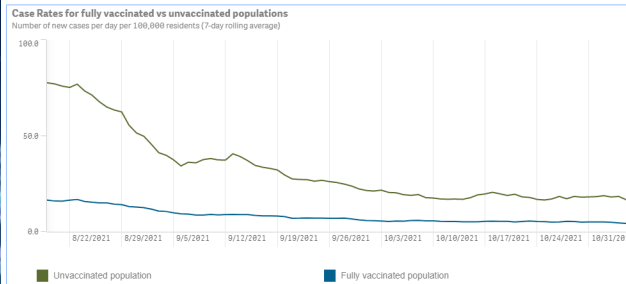


No-Cost COVID-19 Vaccines Widely Available

COVID-19 vaccines continue to provide strong protection from COVID-19. Health Services' online [vaccine dashboard](#) shows that active cases and hospitalizations are trending down again and holding steady. It shows the dramatic correlation and protection from vaccination.

Besides being required for County employees, COVID-19 vaccinations are now widely available at no cost to everyone age 5 and older. People can get vaccinated through County and State-run sites, pharmacies and other healthcare systems. You can scan the QR code below for a fixed vaccination site, pop-up locations, school vaccination clinics, and more options for everyone in the community. You can make an appointment or drop in, based on the location and need. Boosters are also available for those who [qualify](#).

What better way to celebrate the season than by encouraging and accompanying friends and family to go and get this free gift of health and protection.



**Scan below for
vaccination
information and
locations.**

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



**Avoid
Crowds**



**Get
Vaccinated**



**Get a
Booster**



**Keep 6
Feet Apart**



**Cover Your
Face**



**Wash Your
Hands**



**Stay Home
if Sick**



Face Covering Guidance

Face coverings are still required in most indoor environments at this time, including facilities open to the public, public transit, schools, healthcare, correctional facilities, homeless shelters, and emergency shelters/cooling centers.

Everyone entering a County building is required to wear a face covering. Face coverings may not be required if all of the following are in place:

- There are no more than 100 people present;
- The group of persons present gathers on a regular basis;
- The employer, host, or organizer:
 - Verifies all persons present are fully vaccinated ;
 - Controls access to the space;
 - The space is not open to the general public;
 - Maintains a list of the individuals present;
 - Posts signage prohibiting entry by symptomatic people;
 - Ensures no one present is symptomatic, awaiting test, or had a known exposure within the last 14 days.

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.

For More Information: CC Health Face Covering Health Order: <https://www.coronavirus.cchealth.org/health-orders> or the CDPH Face Covering Guidance: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>

Face Coverings Not Required

- Smaller gatherings of fully vaccinated people that meet regularly in a controlled space (see all required details left)
- Check with your Department Personnel Contact for more information

Face Coverings Required for ALL Entrants

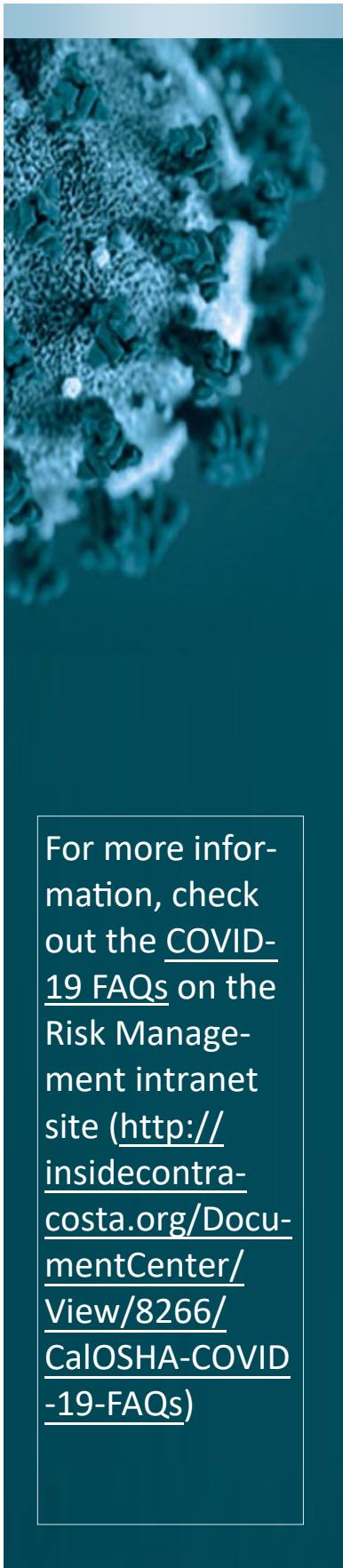
- Public Buildings
- Public Transit
- Indoors at schools, child-care, and other youth settings
- Healthcare settings
- Correctional and detention facilities
- Homeless Shelters

Face Coverings Required for ALL Entrants - Special Circumstances

- Emergency Shelters
- Cooling Centers



Employee Assistance Program - To address mental health and emotional well-being, Magellan Healthcare has 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.

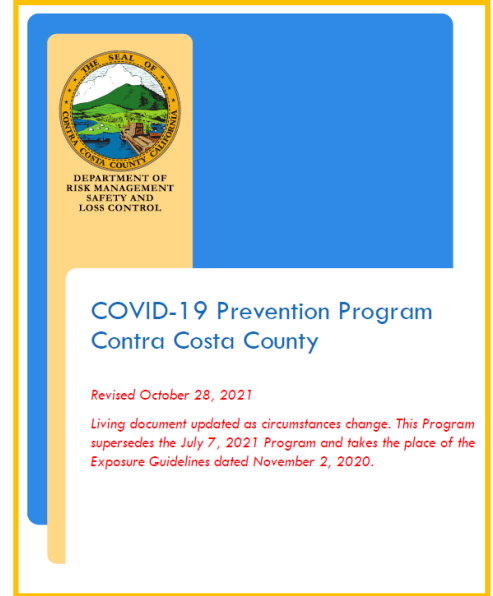


For more information, check out the [COVID-19 FAQs](http://insidecontra-costa.org/DocumentCenter/View/8266/CalOSHA-COVID-19-FAQs) on the Risk Management intranet site (<http://insidecontra-costa.org/DocumentCenter/View/8266/CalOSHA-COVID-19-FAQs>)

COVID-19 Prevention Program

The County's [COVID-19 Prevention Program](#) (CPP) was updated October 28, 2021 and includes changes related to the County vaccination policy, face covering requirements, a new Exposure Decision Tree, and updated trainings. Watch the "[COVID-19 Resources Hot Spot](#)" for any other updates.

For more information read Attachment 12 for a list of revisions and see the summary of health orders and County policy on the [Hot Spot](#). If you have any questions about these changes, ask your supervisor or send an email to risk-safety@riskm.cccounty.us.



Compliant Face Coverings

- * A surgical mask, medical procedure mask, or N95 respirator worn on a voluntary basis
- * A cloth face covering with two layers of cloth
- * Fits snugly against the face
- * Covers the nose and mouth
- * Does not have holes or valves
- * Does not include a scarf, ski mask, balaclava, bandana, turtleneck, collar or single layer of fabric



If you have questions or concerns about face covering requirements at your workplace, talk with your Supervisor or Safety Coordinator. The County can provide alternate services to patrons that refuse to wear a face covering. County employees will be given a "[Notice of Non-Compliance](#)" if they don't wear a face covering as required.

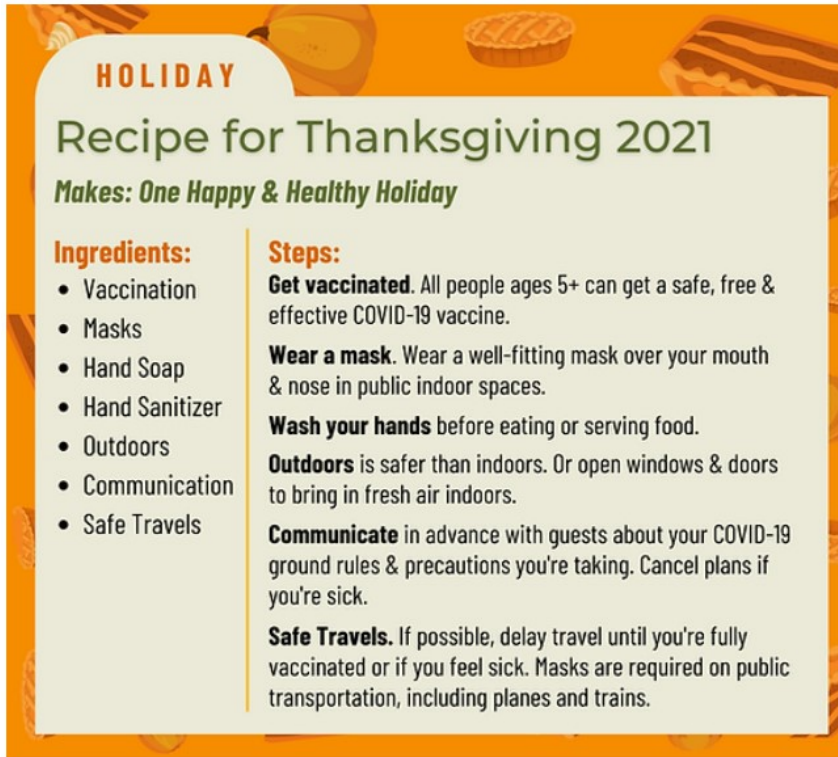
For more information:

See CDPH "[Get the Most Out of Masking](#)" guidance

See CDC "[Improve How Your Mask Protects You](#)"



Health Services Cooks Up a Recipe for Safety



HOLIDAY

Recipe for Thanksgiving 2021

Makes: One Happy & Healthy Holiday

Ingredients:

- Vaccination
- Masks
- Hand Soap
- Hand Sanitizer
- Outdoors
- Communication
- Safe Travels

Steps:

Get vaccinated. All people ages 5+ can get a safe, free & effective COVID-19 vaccine.

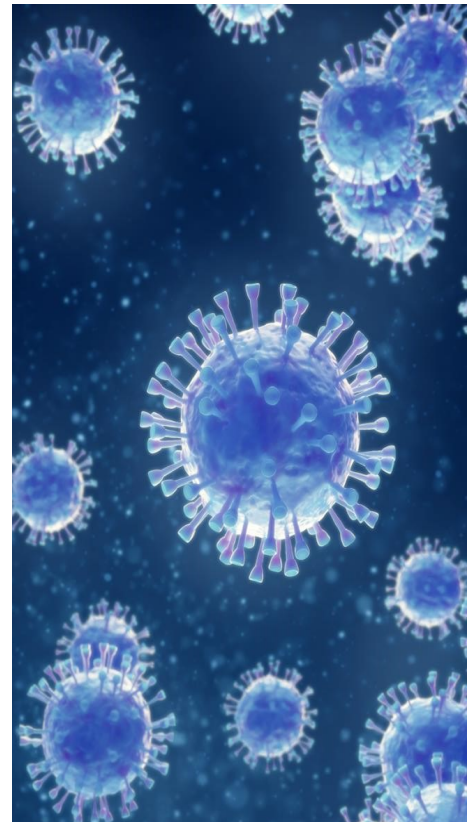
Wear a mask. Wear a well-fitting mask over your mouth & nose in public indoor spaces.

Wash your hands before eating or serving food.

Outdoors is safer than indoors. Or open windows & doors to bring in fresh air indoors.

Communicate in advance with guests about your COVID-19 ground rules & precautions you're taking. Cancel plans if you're sick.

Safe Travels. If possible, delay travel until you're fully vaccinated or if you feel sick. Masks are required on public transportation, including planes and trains.



Keeping it Healthy During Office Holiday Gatherings

County colleagues love a good celebration, a chance to share home cooking and baking talents, time to unwind, catch-up, and foster camaraderie with co-workers, and a chance to reflect on the teamwork and productivity demonstrated every day. Some tips to keep these gatherings safe and healthy:

- Gather outdoors if you can
- Keep gatherings smaller by limiting them to a single unit or staggering gathering times
- Wear face coverings during the gathering announcements, games and other congregation times
- Only remove face coverings when actively eating or drinking
- Keep the celebration flowing by setting up different food stations throughout the office and throughout the day
- Structure the gathering to come together for food service, but eat separately
- Serve food individually or designate servers at buffet lines
 - Keep hot foods hot (135° F and up) and cold foods cold (41° F or lower)
 - Don't keep food out at room temperature for more than 2 hours
- Keep plenty of disinfectant and hand sanitizer available for shared surfaces and good hand hygiene



CCHealth.org

The Health Services Department continues its work to serve the community during this health crisis. Valuable services and information are also available ensure safety for County employees! For access to the latest information and resources on COVID-19 and the vaccine, visit cchealth.org.

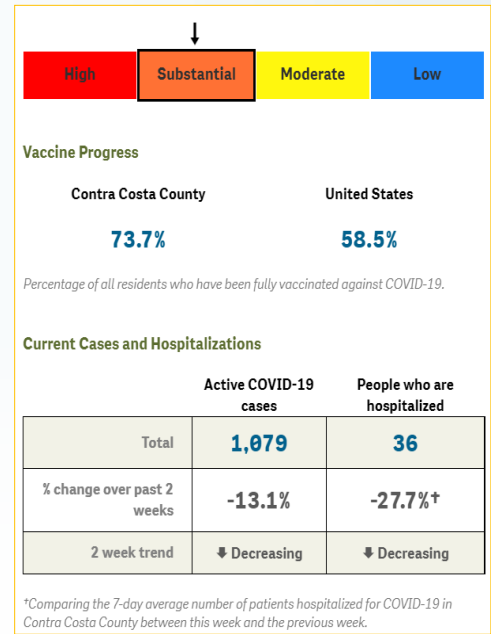


Health Services Resources at Your Fingertips

The Health Services website shows the community progress on COVID-19 related parameters as of November 12, 2021. The County remains in the substantial tier of community transmission, but vaccination rates are high while active cases and hospitalizations continue to trend down.

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

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



Know Your COVID-19 Support Resources:

HUMAN RESOURCES



EMPLOYEE LEAVE AND BENEFITS INFORMATION INTRANET SITE:

<http://www.insidecontracosta.org/666/Benefit-Services>

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.



Risk Management—Safety and Loss Control

Questions, resources, or safety concerns.

RiskMSafety@riskm.cccounty.us

(925) 335-1400

Intranet [COVID-19 Resources](#)